

Yorkshire and Humber Sport and Physical Activity Participation Survey

Final Report of the Baseline Survey Results

Research Study Conducted for
Sport England Yorkshire



June 2005

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Executive Summary

General Conclusion

This is the most comprehensive survey ever undertaken into regional and local sport and physical activity participation rates in England. Yorkshire, its sub-regions and local authority areas now have reliable and robust baseline data from which to measure future changes in physical activity participation levels within the region.

The study has reinforced much of what is already known about the national differences in levels of physical activity among specific sections of society, in short, that; women, older residents, people living in deprived areas, people from ethnic minority backgrounds and those with long-term illnesses and disabilities are generally less physically active than the population as a whole.

However, what is of greater significance is where there are unexpected results at a local and sub-regional level, as this leads to further questions about why certain parts of Yorkshire have more 'active' residents than others – why, for example, are levels of physical activity higher than expected in the most deprived part of the region – Kingston-upon-Hull?

In this way, the survey has helped to further the debate and identify differences which might go some way to answering the crucial question of how to ensure that the Yorkshire population becomes more active in the future. It now rests in the hands of Sport England, local authorities, academics and others involved in this important issue to respond to this information in order to achieve a 1% annual increase in participation levels.

Key Findings

KPI 1 – Participation in Sport and Active Recreation

KPI 1: Participation in sport and active recreation (% of adults *participating in at least 30 minutes of moderate intensity sport and active recreation at least three times a week, in leisure time*).

- Fewer than two in five people living in Yorkshire (37%) participate in at least 30 minutes of moderate intensity sport and active recreation at least three times a week, during their leisure time.
- There is some association between levels of deprivation and the proportion of people who are active in local authority areas, broadly speaking, the more deprived the area, the smaller the proportion of residents who qualify for KPI 1.
- People living in Yorkshire who are of social class I & II are significantly more likely than people of lower social classes to be active in sport and active recreation for at least 30 minutes, three times a week (40% versus 34%).
- People of BME ethnic origin are far less likely than white people to be active in their leisure-time, with around a quarter fulfilling the criteria for KPI 1 (27% BME versus 37% white).
- People who have a disability or long-term health problem that limits their daily activities are generally significantly less active during their leisure time than people without a disability (28% versus 39% qualify for KPI 1).

KPI 2 – Sports Club Membership

KPI 2: Sport club members (% of adults *who are active members of sports clubs in the previous four weeks*). A sport club member is defined as members of a club, for sport or leisure time physical activity.

- Just over a quarter of all people living in Yorkshire have been members of a club, for sport or leisure time physical activity in the last four weeks (27%).
- Men are significantly more likely than women to be a sport club member (31% versus 23%).
- People aged 16-44 are significantly more likely than those aged 45 or over to be sport club members (33% versus 22%).
- The proportion of people from social classes IV & V who are sport club members is almost half the proportion of those from social classes I & II (18% versus 34%).

- People with a long term illness or disability in Yorkshire are significantly less likely than those without a disability to be a sports club member (18% versus 30%).

KPI 3 – Receiving Coaching

KPI 3: Coaching (*% of adults receiving coaching to improve performance in the last 12 months*).

- One in five people living in Yorkshire have received tuition from an instructor or coach to improve their performance in a sport or leisure time physical activity in the last 12 months (20%).
- Unlike some other measures of participation in physical activity, women are *more* likely than men to have received coaching to improve performance in the last 12 months (22% versus 19%).
- Those people aged 16-44 are significantly more likely than those aged 45+ to have received coaching in the past 12 months (28% versus 13%).
- People of social classes I & II are significantly more likely to have received coaching in the past 12 months than people of social classes III M & N and IV & V (25% versus 17% versus 15%).
- The ethnic origin of people living in Yorkshire does not appear to have an impact on whether or not they have received coaching to improve their performance in the last 12 months (20% white and 20% BMEs).

KPI 4 – Participation in Competitive Sport

KPI 4: Competitive sport (*% of adults who took part in competitive sport in the previous 12 months*).

- 15% of people living in Yorkshire have taken part in organised competition in the last 12 months.
- Men are more than three times as likely as women in Yorkshire to have participated in organised competition in the last 12 months (23% versus 7%).
- People aged 16-44 are twice as likely to have participated in organised competition, than those aged 45+ (20% versus 10%).
- People of social classes I & II (18%) are significantly more likely than those in social classes III M & N (13%) and IV & V (10%), to have participated in organised competition in the last 12 months.

KPI 5 – Volunteering in Sport

KPI 5: Volunteering (*% of adults spending at least 1 hour a week on voluntary work for sport*).

- One in eleven adults in Yorkshire (9%), volunteer in sport for at least one hour per week.
- Men are twice as likely as women to volunteer for at least one hour per week in sport (12% versus 6%).
- People of social classes I & II are significantly more likely than those of lower social classes to have volunteered in sport for at least one hour per week (11% versus 8% III M & N and 6% IV & V).

Motivations to Participate in Sport

- Almost half of all people living in Yorkshire say that there are ways in which they could be encouraged to take-up or do more sport or physical activity (47%).
- Having more time is the number one factor mentioned by 45% of all those who said that there are things that could be done to encourage them to participate more in sport and physical activity.

Satisfaction with Local Sports Provision

- Three in five people living in Yorkshire are satisfied with their local sports provision (57%), of which one in five are 'very satisfied'. A further one in five (18%) are dissatisfied and 7% are undecided.
- There is little, if any, correlation between how deprived a local authority area is and the satisfaction with sports provision in that area.

Trend Breakers – Areas for Further Investigation

As highlighted at the start of this chapter, there are many issues which this survey has uncovered which merit further investigation. Some of these are outlined below.

- Kingston-upon-Hull is the most deprived local authority area in Yorkshire, yet it outperforms less deprived local authorities in the proportion of people who participate in moderate intensity sport and active recreation for at least 30 minutes, three times a week.
- While men in general are more likely than women to participate in moderate intensity sport and active recreation for at least 30 minutes three times a week, fairly even proportions of both men and women do so in Harrogate (41% versus 42%), Kingston-upon-Hull (38% versus 39%) and Scarborough (39% versus 41%).

- People living in Harrogate tend to be active across more types of physical activity than people living in most other local authority areas. Harrogate has one of the highest proportions of people who meet the criteria for KPI 1-5.
- People who fall into the Government's target groups e.g. disabled, social class IV & V, aged 45+ are more likely to participate in sport and active recreation for at least 30 minutes, three times a week if they live in Harrogate.
- Despite a relatively high level of deprivation, Bradford has a higher than average proportion of residents who are sport club members.
- Harrogate and Hambleton both have the highest proportions of women and men in Yorkshire who have received coaching to improve performance in the last 12 months (27% and 28% Harrogate and 26% and 25% Hambleton). In all other local authority areas, women are more likely than men to have received coaching.
- While people with a disability are on the whole less likely than people without a disability to meet the criteria for the KPIs, those living in Leeds and who have a disability are more likely than average to meet the criteria for KPI 1 (34% versus 28%) KPI 2 (27% versus 18%) and KPI 4 (12% versus 8%).
- Older people aged 45+ living in Craven are more likely than average to have volunteered in sport for at least one hour per week (10% versus 6%).

Introduction & Objectives

This report sets out the key findings from a baseline survey to establish levels of participation in sport and physical activity in Yorkshire and Humber (hereinafter Yorkshire). The study was conducted between late 2004 and early 2005 by MORI (Market & Opinion Research International) on behalf of Sport England.

Background – Research Rationale

The Challenge

Increasing levels of physical activity is a core objective for sport and active recreation practitioners in England. The particular measurement in relation to this objective is that, by 2020, the Government's target is to have **70% of the population active, that is, participating in 30 minutes of moderate intensity physical activity at least five times a week.**

It is widely agreed that the population as a whole currently does not participate in enough sport or physical activity. The most recent robust national data indicates that **one-third of the adult population had not taken part in any sport, game or physical activity (excluding walking) in the previous 12 months**, while more than half had not done so in the previous four weeks¹. These figures represent a slight reduction in participation levels compared with the late 1980s, which highlights the major challenge that Sport England and its partners have in trying to reverse this trend. Indeed, changes in society and in people's use of their leisure time make it even more difficult (e.g. longer working hours, increased use of technology such as the internet during leisure time, an ageing population and increased levels of obesity).

Strategic documents, including *Game Plan* (2002)² and the *Framework for Sport in England* (2004)³ have underlined the need for a reinforced focus on participation in sport and physical activity, principally as a means of improving the health of the nation and encouraging socialisation and enhanced social capital amongst individuals and communities.

More recently the Chief Medical Officer (2004)⁴ and Department of Health (2005)⁵ have published compelling scientific evidence that participating in physical activity does make a vital contribution to an individual's health status.

¹ Office for National Statistics. (2002): General Household Survey, London.

² Strategy Unit and DCMS. (2002): Game Plan: a strategy for delivering Government's sport and physical activity objectives. Strategy Unit, London.

³ Sport England. (2004): Framework for Sport in England. Sport England, London.

⁴ Donaldson, L. (2004): At least five a week: evidence on the impact of physical activity and its relationship to health. Department of Health, London.

⁵ Department of Health. (2005): Choosing Activity: a physical activity action plan. Department of Health, London.

However, Wanless (2004)⁶ identified a lack of reliable information at a local level regarding actual levels of participation. Therefore, the specific aim of this research was to provide data on physical activity and sports participation amongst a regionally and locally representative sample of adults aged 16 years and over from across the Yorkshire region, in order to reliably benchmark local authority areas against a set of five key policy related indicators.

Professionals working in sport and physical activity have also identified the need for local level data to inform policy development and decision making. Consultation with key agencies and professionals, lead by Sport England, during the development of the 2004-2008 Yorkshire Plan for Sport (discussed in more depth later in this chapter) established that putting into place consistent and robust methods for measuring participation in sport and physical activity at the local level was a first order priority.

The Role of Sport England

As the lead strategic agency for Sport in England, Sport England (through the nine regional offices) has a responsibility to implement the Government's objectives for sport, including raising participation levels. **Sport in the Community** and **lifelong participation** are two of five key elements in the Government's Five-Point plan for sport - sitting alongside sporting excellence, modernisation and sport in education. As such, Sport England is placing even more emphasis on getting the population active and this is epitomised in its organisational objectives;

Start: improving the health of the nation by getting people involved in sport, especially so for disadvantaged groups;

Stay: keep people involved in sport through a network of accessible clubs, coaches and volunteers;

Succeed: enable progression in performance through an infrastructure capable of producing world class talent.

However, the challenge is not merely to work towards increasing participation levels but also to start providing robust evidence of the current baseline and any changes i.e. not relying merely on anecdotal evidence. (This was a key point identified in *Game Plan*.) In order to achieve this, together with identifying other outputs associated with changes in participation levels (such as health, employment, social capital developments and so on), Sport England have developed a nationwide, as well as an initiative-based programme of research.

Yorkshire Plan for Sport

As the strategic lead for sport in Yorkshire, the aim of Sport England Yorkshire is to increase participation in sport and physical activity across the region. The

⁶ Wanless, D. (2004): Securing good health for the whole population. HMSO Licensing Division, Norwich.

Yorkshire Plan for Sport was developed in conjunction with key regional agencies and partners working in sport, health, education, community and economic development to meet this challenge. The plan sets out a clear target of increasing participation in sport and active recreation by 1% per year, so that by 2008;

160,000 more people take part in sport and active recreation three times a week;

Raising participation in sport and physical activity is recognised as just one of seven key areas for change as a consequence of policy change and investment in the Yorkshire plan for sport. The remaining targets for 2008 are:

1. 10% of Yorkshire athletes to be represented in the England and GB teams;
2. A 25% reduction in the participation gap between different groups within the population;
3. 32% of adults to achieve the Department of Health physical activity guidelines;
4. A 5% increase in voluntary and community sector sport activity;
5. 75% of school children to be receiving two hours of high quality physical education and extracurricular sport each week;
6. Sport continues to contribute 1.6% to the regional economy.

Research Objectives

The specific aim of this research is to *“provide statistically robust data on physical activity and sports participation amongst a regionally and locally representative sample of adults aged 16 years and over in Yorkshire in order to reliably benchmark local authority areas against a set of key policy related indicators”*.

In meeting this aim, the following key objectives have been measured:

- a. Type of physical activity participated in; transportation, recreation, sport and leisure including walking
- b. Frequency of participation (with a reference period of last 7 days)
- c. Intensity of participation (to enable distinction between moderate and vigorous)
- d. Duration of participation (with a minimum measure of 10 minutes duration)

- e. Levels of sport club membership, involvement in competitive sport and receiving coaching
- f. Quantifying involvement in sport as a volunteer
- g. Capture socio-demographic data comparable with the Census including social class (NS-SEC, or other measure of socio-economic status that can be converted from NS SEC operational categories), disability, ethnicity, age and gender

Key Performance Indicators

This research presents data by local authority area for the following key performance indicators (KPI):

KPI 1: Participation in sport and active recreation (*% of adults participating in at least 30 minutes of moderate intensity sport and active recreation at least three times a week, in leisure time*).

KPI 2: Sport club members (*% of adults who are active members of sports clubs in the previous four weeks*). A sport club member is defined as members of a club, for sport or leisure time physical activity.

KPI 3: Coaching (*% of adults receiving coaching to improve performance in the last 12 months*).

KPI 4: Competitive Sport (*% of adults who took part in competitive sport in the previous 12 months*).

KPI 5: Volunteering (*% of adults spending at least 1 hour a week on voluntary work for sport*).

The Questionnaire

This survey is the first ever in the UK to have used IPAQ (**International Physical Activity Questionnaire**) telephone long format. The **IPAQ** was pre-selected as the core survey tool that was to be used for this research study – details of IPAQ can be found in the appendices.

In addition to IPAQ questions, further questions about general health, smoking, volunteering, club membership, competitive sport and coaching were also included.

IPAQ collects data relating to the intensity, frequency and duration of physical activity across different life domains. Respondents are asked to recall **bouts of at least 10 minutes** of walking, moderate or vigorous intensity physical activity within different life domains e.g. work or sport and leisure over the last 7 days.

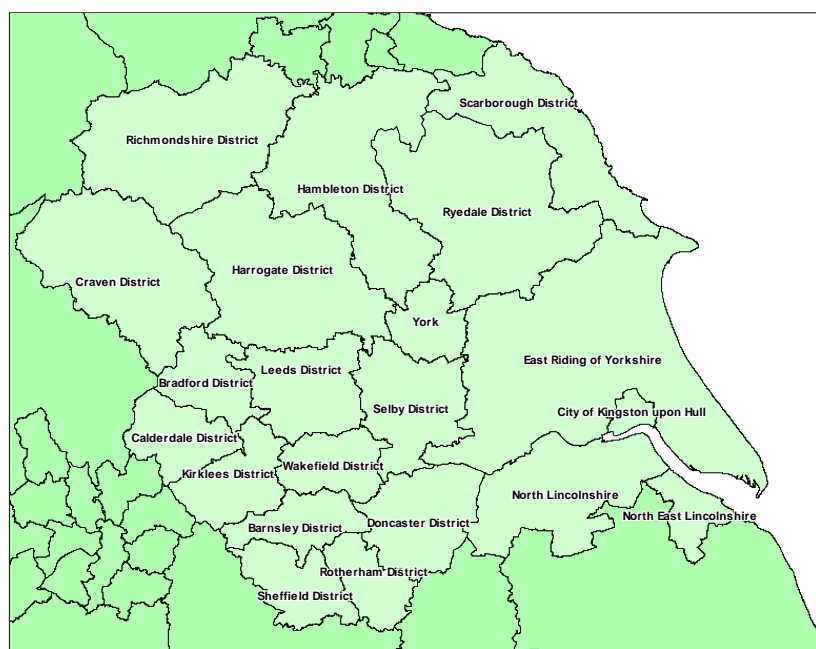
This data is collated into categorical and continuous indicators of physical activity. **Categories** are classified as the level of physical activity e.g. inactive, nominally active and active and **Continuous indicators** are classified as the level of intensity of the activity e.g. walking, moderate intensity activities and vigorous intensity activities. These indicators can then be further applied to **specific life domains**, such as the physical activity undertaken to travel to and from work, or the physical activity undertaken solely for recreation, sport, exercise or leisure.

Using all these categories, it is possible to calculate the proportion of people who are inactive, nominally active and active for each domain.

The Fieldwork & Response Rates

All interviews were conducted using **CATI** technology (Computer Assisted Telephone Interviews). The fieldwork was undertaken by **MORI Telephone Services (MTS)** and ran from **5 November – 22 December 2004**, pausing for the Christmas and New Year holidays, before recommencing on **11 – 25 January 2005**.

Fieldwork was conducted across 21 local authorities, with 1,000 interviews completed in each local authority area. Interviewing was conducted simultaneously across these areas, so that a fairly similar number of interviews were being achieved at any one point in time. Interviews were conducted throughout the day and evening and across seven days a week.



A total of 21,149 interviews were completed and at the end of fieldwork, the adjusted response rate was 36%, 3% above the predicted rate.

Data Analysis

Geographical Analysis

Analysis of the data was performed for Yorkshire, 4 sub-regions and local authority areas.

Geographic Analysis

North Yorkshire

Craven

Hambleton

Harrogate

Richmondshire

Ryedale

Scarborough

Selby

York

Humber

East Riding of Yorkshire

Kingston upon Hull City

North East Lincolnshire

North Lincolnshire

South Yorkshire

Barnsley

Doncaster

Rotherham

Sheffield

West Yorkshire

Bradford

Calderdale

Kirklees

Leeds

Wakefield

Source: MORI

Key Target Sub-groups

As well as analysing the results for Yorkshire and Humber, the report also investigates the key findings for particular sub groups, namely, gender, age, social class, ethnicity and disability. Within these groups, women, people aged 45+, social class IV & V, BMEs (Black and Minority Ethnic groups) and people with a disability are key target groups for increasing levels of participation. As a result, this report makes specific references to any differences in the results for these specific sub-groups.

There is a great deal of variation in BME participation rates across the 21 local authority areas, which is partly explained by small numbers of ethnic minority residents (and hence small sample sizes) in many parts of Yorkshire. This aside, there are handful of local authority areas where the base size is large enough to report meaningful results. As a consequence, only the findings for Bradford, Kirklees, Leeds and Sheffield have been reported, as these local authority areas have a wider and larger ethnic mix than other areas in Yorkshire.

Using the Index of Multiple Deprivation (2004)

The Index of Multiple Deprivation 2004 (ID 2004) is a measure of multiple deprivation at the small area level e.g. a local authority. The ID 2004 is based on a number of types of deprivation and any individual living in the defined area can be counted in one or more of these. The overall ID score is conceptualised as a weighted area level aggregation of these specific dimensions of deprivation.

The ID 2004 is made up of seven types of life domains, within which people can experience deprivation:

- Income deprivation,
- Employment deprivation,
- Health deprivation and disability,
- Education, skills and training deprivation,
- Barriers to Housing and Services,
- Living environment deprivation
- Crime.

Within each of these domains, are a number of indicators. According to the ODPM, *“The criteria for inclusion of these indicators are that they should be 'domain specific' and appropriate for the purpose (as direct as possible measures of that form of deprivation); measuring major features of that deprivation (not conditions just experienced by a very small number of people or areas); up-to-date; capable of being updated on a regular basis; statistically robust; and available for the whole of England at a small area level in a consistent form”*.

Using the results of the ID 2004, each local authority in England has been given a score of deprivation. Those with the highest scores are the most deprived areas in England. Each local authority is then ranked according to its degree of deprivation. The following table identifies each participating local authority, its ID score, national ranking and subsequent categorization for this particular survey. These categories are as follows:

Low ID: A local authority ranked outside the top 200 most deprived areas in England.

Medium ID: A local authority ranked between 50 and 200 of the most deprived areas in England.

High ID: A local authority ranked in the top 50 most deprived areas in England.

Local Authority	ID 2004	National Rank	ID Grouping
Kingston upon Hull City	41.13	9	High
Barnsley	32.99	28	High
Bradford	32.93	30	High
Doncaster	31.50	40	High
North East Lincolnshire	29.36	52	Medium
Wakefield	29.08	54	Medium
Sheffield	28.42	60	Medium
Rotherham	28.19	63	Medium
Leeds	27.68	68	Medium
Kirklees	26.15	77	Medium
Calderdale	25.44	86	Medium
Scarborough	24.09	91	Medium
North Lincolnshire	21.23	121	Medium
East Riding of Yorkshire	15.34	208	Low
York	14.51	219	Low
Selby	13.09	239	Low
Ryedale	12.92	242	Low
Richmondshire	12.49	251	Low
Craven	11.94	262	Low
Harrogate	11.08	277	Low
Hambleton	10.38	285	Low

Measuring Levels of Sport and Physical Activity

There are a number of different ways in which people can be physically active in a variety of aspects of life. Of particular interest to this research are the levels of physical activity in leisure time and transport related activity (walking and cycling). In this study the degree to which someone can be active or not is measured in three categories:

- People who are **inactive** have participated for less than 1 day of at least 30 minutes of sport and physical activity per week.
- People who are **nominally active** have participated for 1-4 days of at least 30 minutes of sport and physical activity per week.
- People who are **active** have participated in 5 or more days of at least 30 minutes of sport and physical activity per week.

Weighting the Data

At times it is necessary to apply weighting to the results of a survey in order to more accurately represent the views of some sub groups. Whilst a random stratified sampling approach does tend to result in a fairly representative sample, it is particularly hard to achieve telephone interviews with certain sections of society (for example, young single men who are most likely to be among those people in the population who only own a mobile phone and not a land-line).

A process of examining the data and comparing it to Census data identified that corrective weighting was required for this study. The data from this survey indicated that young people aged 16-24, men and respondents of BME origin were under-represented. Consequently, the data has been weighted according to the actual population profile of each local authority using data from the 2001 Census. Population weights for gender and age have been applied to each local authority, but weighting for ethnicity has only been applied to Bradford, Calderdale, Kirklees, Leeds and Sheffield, as these areas have much higher BME representation. In addition, for the overall Yorkshire results, each local authority has been weighted according to the size of its real population.

Please see the appendices for the actual profile of the sample achieved and the approximate weights applied.

Statistically Significant Results

Where a result is said to be significantly different to another result, this means that the difference between the comparative figures is statistically different at the 95% confidence interval (please see appendix for further details of significance testing).

Data Rounding

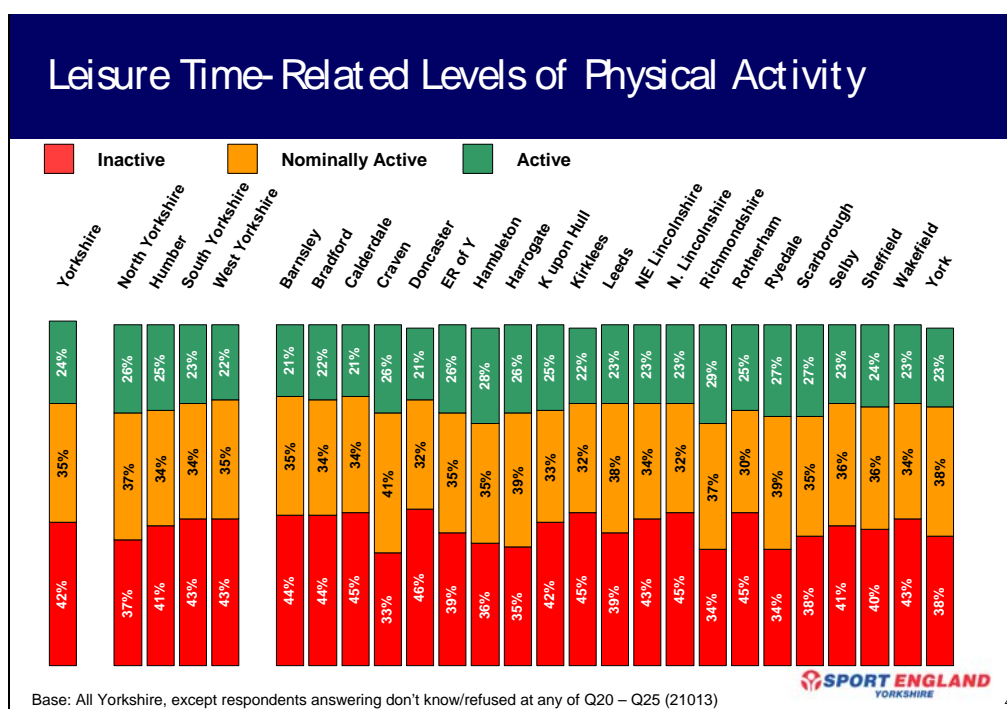
Please note all figures are expressed in percentage terms. When they do not sum exactly to 100%, this will be due to computer rounding or multiple response answers. An asterisk (*) denotes a figure less than 0.5% but greater than zero.

Leisure Time Physical Activity

A quarter of the population of Yorkshire are active in their leisure time (24%). A further 35% are nominally active whilst two in five are inactive (42%).

The North Yorkshire sub-region has a significantly higher proportion of people who are active in leisure time than the baseline for Yorkshire (26% versus 24%) and the proportion of people who are active in South and West Yorkshire (26% versus 23% and 22%).

At a local authority area level, Richmondshire has the highest proportion of people who are active in their leisure time (29%). This is significantly higher than the baseline for Yorkshire (24%), as well as other local authority areas, including Barnsley (21%), Bradford (22%), Calderdale (21%), Selby (23%) and Wakefield (23%). Levels of inactivity are significantly higher than the baseline for Yorkshire in Doncaster, Calderdale, Kirklees, and North Lincolnshire.



The levels of activity in leisure time is associated with an area's **deprivation score** (ID score). In areas with a low⁷ deprivation, residents are significantly more likely to be at least nominally active than people living in areas with medium to high deprivation (63% low versus 60% medium and 56% high).

⁷ Low IMD: A local authority ranked outside the top 200 most deprived areas in England.
 Medium IMD: A local authority ranked between 50 and 200 of the most deprived areas in England.
 High IMD: A local authority ranked in the top 50 most deprived areas in England.

Men, people aged 16-44, social classes I & II, those of **white ethnic origin** and people **without a disability** are more likely than others to be active in their leisure time. The level of physical activity in leisure time declines with age. People aged under 25 are the most active of all (seven in ten are at least nominally active).

	Inactive	Nominally Active	Active
<i>Base: All, except those answering don't know or refused</i>	(8749) %	(7314) %	(4944) %
Men	↑ 39	35	25
Women	44*	35	25
16-44	↑ 36	40	25
45+	48*	30	22
Social class I & II	↑ 36	39	25
Social class IV & V	49*	30	21
Without a disability	↑ 37	38	25
With a disability	56*	25	19
White	↑ 41	35	24
BME	50*	32	17

Source: MORI

*represents a significant difference at the 95% confidence interval. The arrows indicate the significance difference is between these two sub-groups e.g. men and women who are inactive.

Club membership, participation in organised competition, volunteering and receiving coaching all positively impact how physically active people are in their leisure time. All of these factors have more of an impact for people who are nominally active. For example, almost half of all people who are a member of a sport or leisure club are nominally active in leisure (47%). This is a significantly higher proportion than those who are not been a member of a club (30% nominally active). Other factors such as whether or not a person smokes and self-reported general health status, impact on their level of physical activity in leisure time. Half of all people who smoke are inactive in leisure time, compared to 39% who do not smoke. Similarly, the proportion of people who are active in leisure time increases as health status improves. A quarter of people with 'good'

health are active compared to just over one in seven (15%) who have ‘poor’ health.

Walking

People in Yorkshire are more likely to be active in walking activity than in other activities. Two in five people (39%) are active in walking (walking for transportation and walking in leisure).

North Yorkshire and Humber have significantly higher proportions of people who are active in walking, than elsewhere in the region (42% and 41% respectively) and than the baseline for Yorkshire. Residents of Scarborough are more likely to be active in walking than people living elsewhere in Yorkshire, almost half of all local residents (48%) are active. Similarly, Ryedale, York, Kingston upon Hull and East Riding of Yorkshire also have significantly higher than average proportions of people who do so, than the baseline for Yorkshire.

Deprivation also impacts upon how likely people are to be active in walking. People who live in low ID scoring areas are significantly more likely to be active in walking than people who live in medium to high ID scoring areas (42% low, 38% medium and 39% high).

People who are ‘active’ in walking (transportation and leisure) are more likely to be **people aged 16-25** and/or be in **good health**. Interestingly, although identified as groups less likely to be ‘active’ in leisure time activity, women and people from lower social class groups are also more likely to be ‘active’ in walking.

Sport and Active Recreation

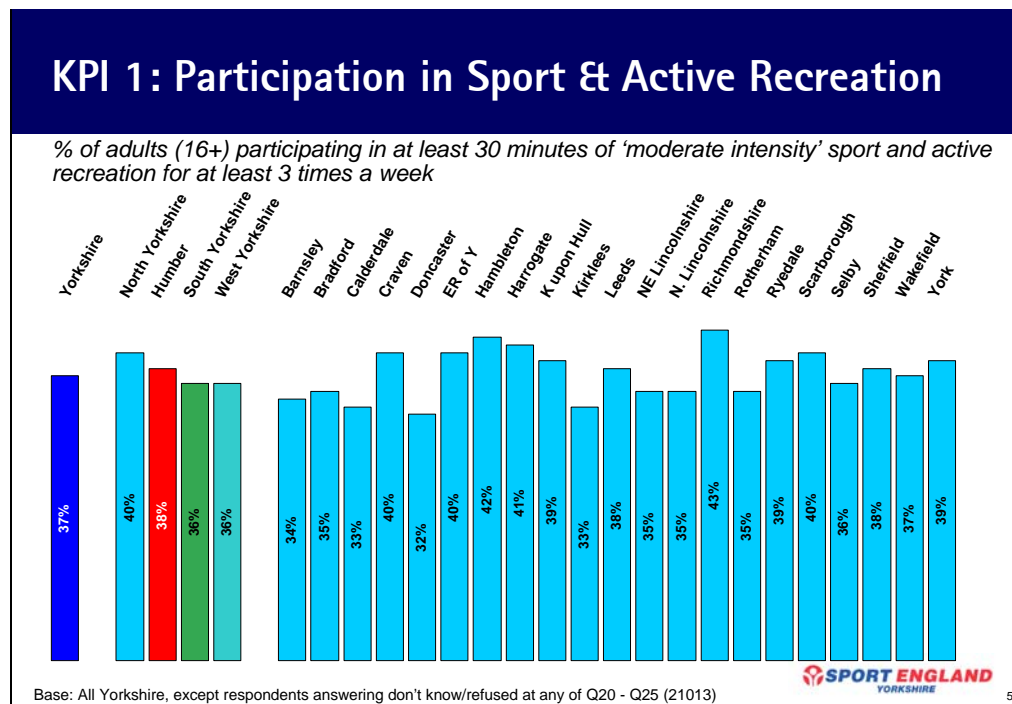
KPI 1: Participation in sport and active recreation (*% of adults participating in at least 30 minutes of moderate intensity sport and active recreation at least three times a week, in leisure time*).

Fewer than two in five people living in Yorkshire (37%) participate in at least 30 minutes of moderate intensity sport and active recreation at least three times a week, in leisure time.

Geographic Variances

The North Yorkshire sub-region has a significantly higher proportion of people who meet the criteria for KPI 1 (40%) than the other sub-regions and the Yorkshire average. In contrast, South Yorkshire and West Yorkshire are slightly below the baseline for Yorkshire (both 36%).

Six local authority areas have two in five, or more, residents who participate in at least 30 minutes of moderate intensity sport and active recreation at least three times a week. They are; Richmondshire (43%), Hambleton (42%), Harrogate (41%), Craven (40%), East Riding of Yorkshire (40%) and Scarborough (40%). Conversely, lower proportions of people living in Doncaster, Calderdale and Kirklees (32%, 33% and 33%) meet the criteria for KPI 1.

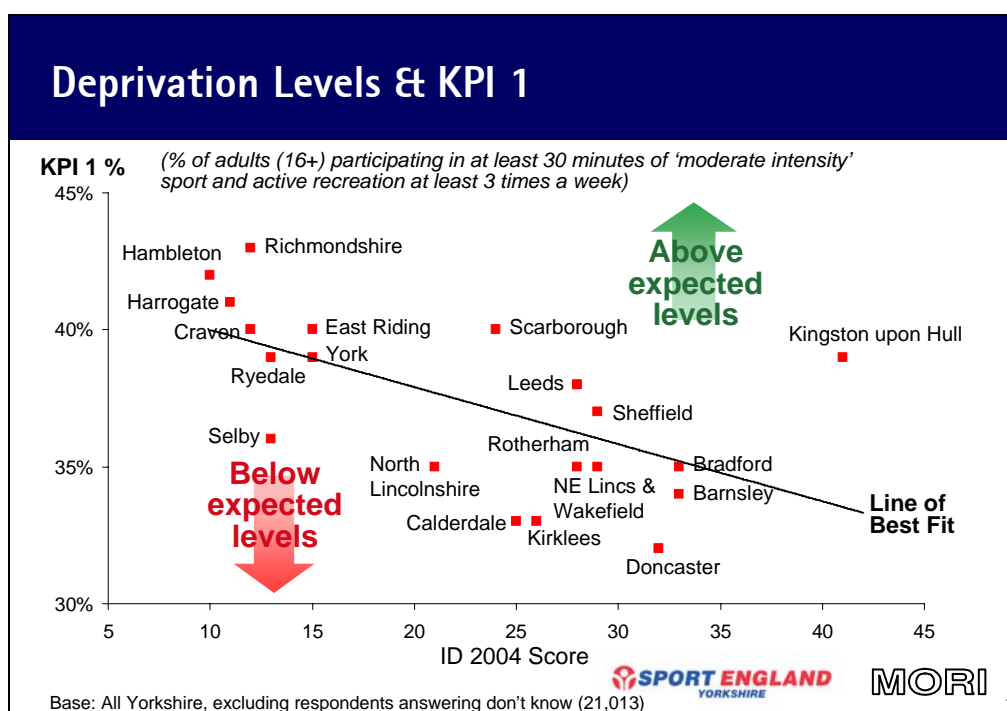


Levels of Deprivation

There is some association between levels of deprivation and the proportion of people who are active in local authority areas, broadly speaking the more deprived the area, the smaller the proportion of residents who qualify for KPI 1.

In areas with a low ID score, a significantly higher proportion of local people are active for at least 30 minutes, three times a week. As the chart illustrates, when examining the relationship between physical activity in sport and leisure and ID score alone, the trend is for those local authority areas with a higher level of deprivation, to have a lower proportion of people who are physically active.

The local authority areas positioned above the line of best fit⁸ have higher than expected levels of people who are physically active. Similarly, those below the line are performing below the expected level. As the chart illustrates, some local authority areas are performing ‘better’ and others ‘worse’ than might be expected.



Among the best performers are Hambleton, Richmondshire and Scarborough. Most notable however, is Kingston upon Hull. With the highest ID score in Yorkshire, we would expect, based on this two dimensional relationship, to see this local authority area closer to the line of best fit. Whilst outside the remit of this research, it will be important to investigate how the area with the highest ID score in Yorkshire, manages to outperform around 11 less deprived parts of the region.

⁸ The line of best fit represents a linear relationship between the x and y variables, which in this case are the index of multiple deprivation (x) and a local authorities score on KPI 1 (y). The line represents where we would expect to see a local authority if its x and y variables were linearly related.

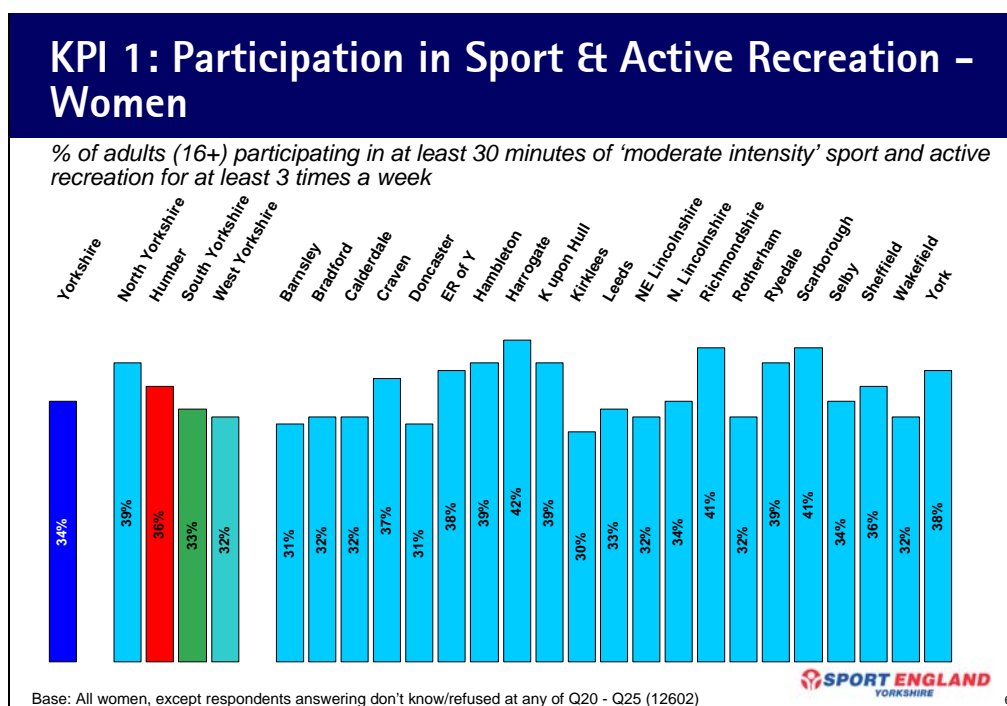
Gender

Men living in Yorkshire are significantly more likely than women to participate in sport and active recreation for at least 30 minutes, three times a week (40% versus 34%).

Whilst the proportion of men participating for at least 30 minutes three times a week is fairly consistent across each of the four sub-regions, women living in North Yorkshire and the Humber (39% and 36% respectively) are more likely to be active than women living in South and West Yorkshire (33% and 32% respectively).

The trend for a higher proportion of men than women to participate in sport and physical activity is particularly pronounced in Hambleton (46%), Craven, Leeds (both 44%), Wakefield and East Riding of Yorkshire (both 43%). Craven also has a higher than average proportion of women participating for 30 minutes three times a week (37%), although the highest levels of activity for women are seen in Harrogate, Richmondshire and Scarborough (42%, 41% and 41% respectively).

There are three areas where the levels of activity among women are at least equal to that of men Harrogate (42% women versus 41% men), Kingston upon Hull (39% versus 38%) and Scarborough (41% versus 39%).



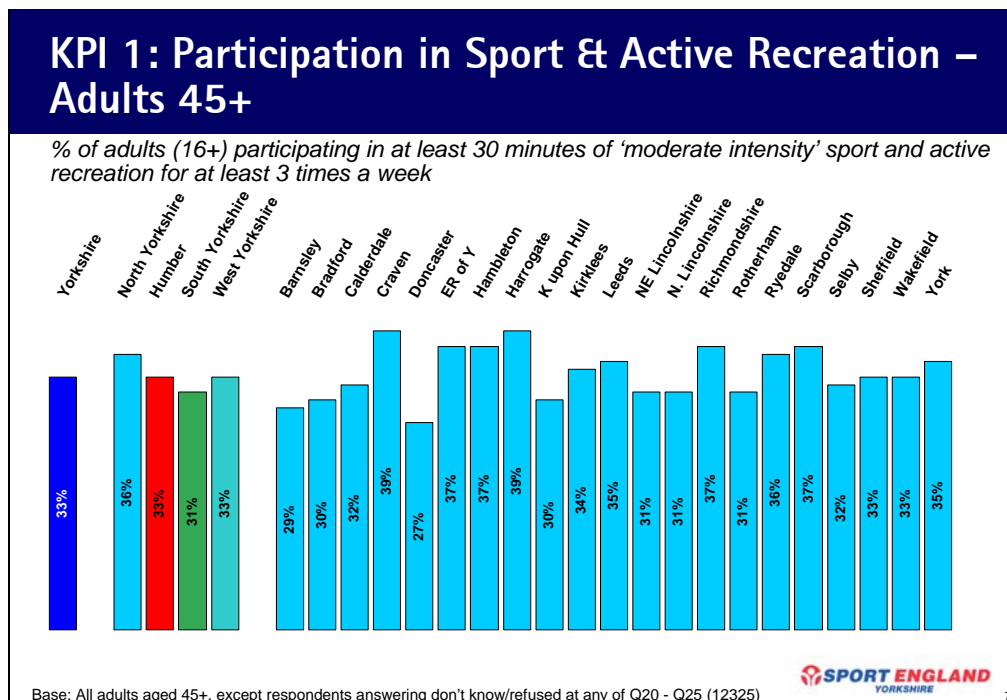
Other factors have a positive impact on men and women's level of activity, such as participation in organised competitions and volunteering in sport in the last twelve months.

Age

Yorkshire residents aged 16-44 years are significantly more likely than those aged over 45 to be physically active in sport and active recreation for at least 30 minutes, three times a week (41% versus 33%).

People living in North Yorkshire who are aged 45+ are significantly more likely than people living elsewhere in the region to have met the criteria for KPI 1 (36%). It is particularly encouraging to see that almost half of all people aged 16-44 years living in Hambleton (48%), Richmondshire (48%) and Kingston upon Hull (47%), are physically active based on the criteria for KPI 1. Older people are more likely to be physically active in their leisure time if they live in Craven or Harrogate (both 39%). Interestingly, although physical activity levels are higher than average in Kingston upon Hull, the area has among the lowest levels of participation among over 45 year olds.

Higher proportions of younger people are physically active in their leisure time compared to those aged 45+. If the trend is for levels of participation to decline with age, then as the population ages with people living for longer, it is going to be increasingly difficult to drive up levels of physical activity, potentially causing problems for other service sectors, especially the health service. Sport England has already identified that an ageing population is one of seven key drivers of change and so this research data provides the evidence and strategic awareness to drive forward change.

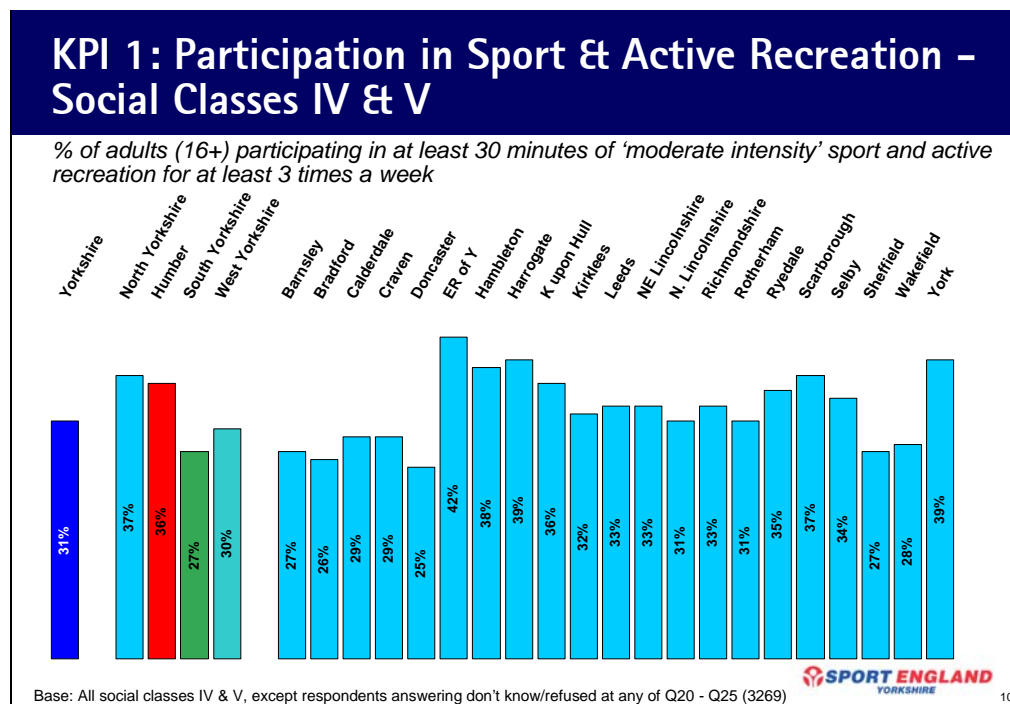


Social Class

People living in Yorkshire who are of social class I & II are significantly more likely than people of lower social classes to be active in sport and active recreation for at least 30 minutes, three times a week (40% versus 34%).

People of social class IV & V are least likely to be physically active (31%). There are some distinct differences between the sub-regions; the North Yorkshire sub-region has a significantly higher than average proportion of people of social class I & II who are physically active for at least 30 minutes, three times a week (43%). In addition, both the North Yorkshire and Humber sub-regions have significantly higher proportions of people of social class IV & V meeting the criteria for KPI 1 (37% and 36% respectively) than the remaining sub-regions.

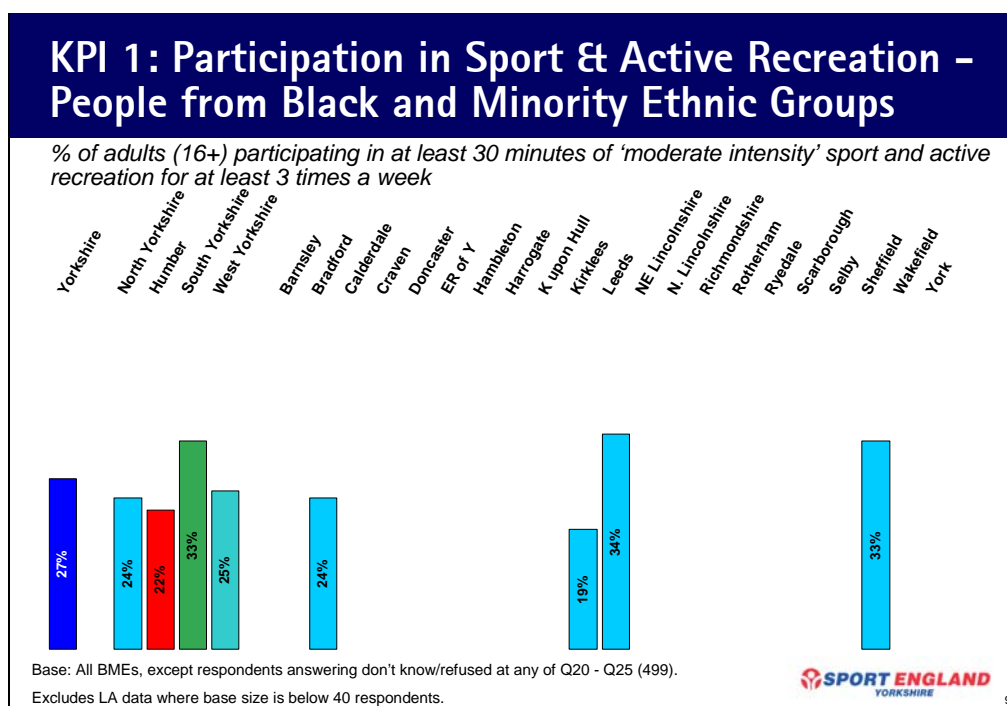
Whilst this trend is evident across all local authority areas, there are some instances where a local authority area has higher than average proportions of people from a range of social classes, who are physically active. In Harrogate, 45% of people of social class I & II, 39% of social class III M & N and the same proportion of IV & V are achieving at least 30 minutes of moderate intensity sport and active recreation at least three times a week. East Riding of Yorkshire, Hambleton, Kingston upon Hull, Scarborough and York are all similar cases where a higher proportion of people from lower social classes are physically active than the baseline for Yorkshire.



Ethnicity

People of BME ethnic origin are far less likely than white people to be active in their leisure-time, with around a quarter fulfilling the criteria for KPI 1 (27% BME versus 37% white)

The proportion of people of white ethnic origin who are participating for at least 30 minutes, three times a week is consistent with the overall baseline for Yorkshire (37%). However, people from black and minority ethnic groups appear to be more likely to be active if they live in South Yorkshire (33%).



Around a third of people from BME groups who live in Leeds and Sheffield have participated in moderate intensity sport and active recreation for at least 30 minutes, three times a week (34% and 33% respectively). In contrast, Bradford and Kirklees BME residents are less active in their leisure time (24% and 19% respectively)⁹.

Ethnicity appears to influence younger people's likelihood to be physically active. Of those aged 16-44 years and who are of white ethnic origin, two in five (42%) are active in sport and active recreation for 30 minutes, three times a week. This compares to just over a quarter of all people of BME ethnic origin within this age band (27%). The impact of ethnicity can only be detected in this age group as the differences between people of white and BME ethnic origin who are aged 45+ and who are active in this criteria are not statistically significant due to sample size for these sub-groups (33% whites versus 28% BMEs).

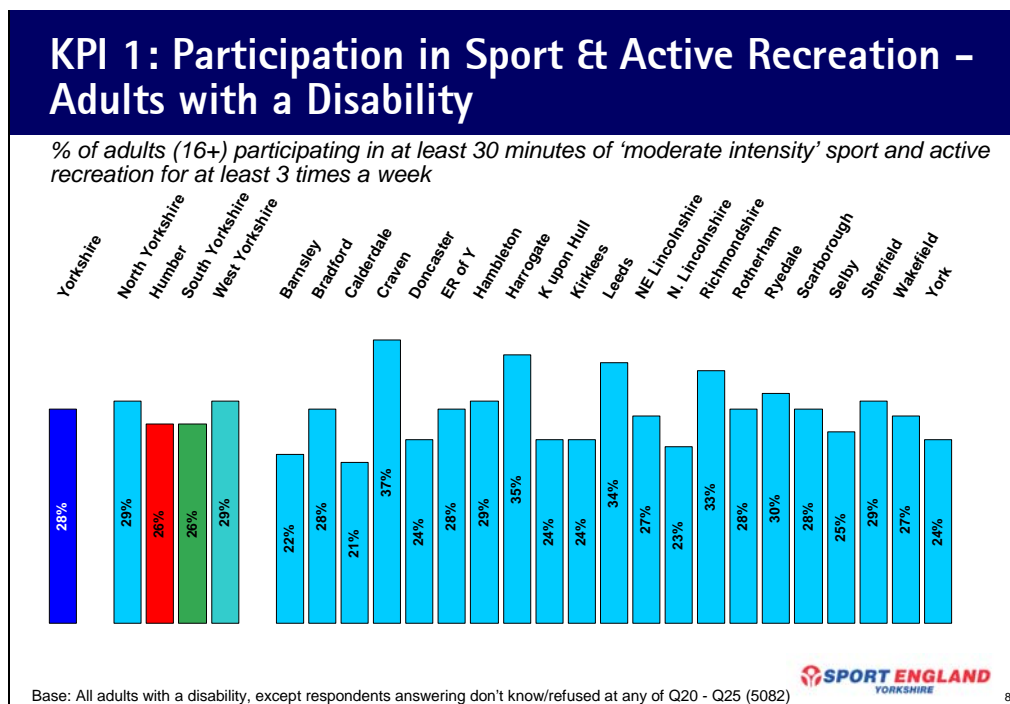
⁹ Due to the small base sizes, results for BMEs should be treated cautiously.

Disability

People who have a disability or long-term health problem that limits their daily activities are significantly more likely to be less active in their leisure time than people without a disability (28% versus 39%).

There are some instances where particular local authority areas break away from this norm. In Craven, Harrogate and Leeds, people with a disability are significantly more likely than those in the whole of Yorkshire to be physically active for 30 minutes, three times a week (37%, 35% and 34% respectively). Again, it would be interesting to explore the reasons why these areas buck the trend, particularly in Craven and Leeds, where the differences between disabled and non-disabled KPI 1 scores are only 3% and 4% respectively (compared with 11% for the region as a whole).

Age is also associated with the extent to which people with a disability are physically active in their leisure time. For example, people with a disability who are aged 16-44 years are significantly more likely than those aged 45+, to have participated for at least 30 minutes, three times a week (33% versus 26%).



Sport Club Members

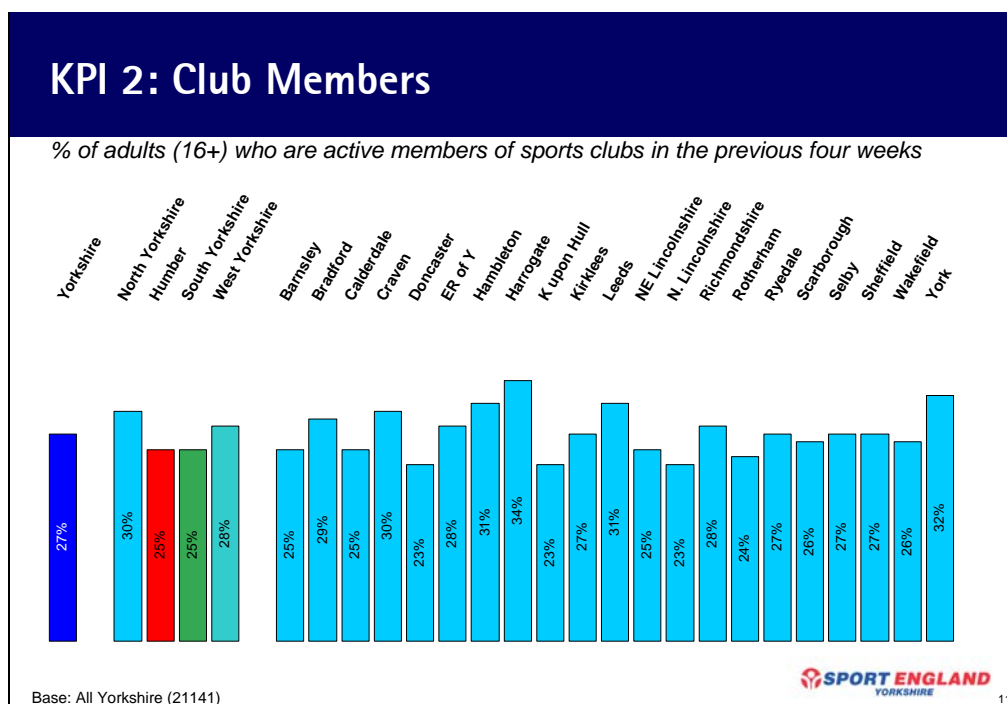
KPI 2: Sport club members (% of adults who are active members of sports clubs in the previous four weeks). A sport club member is defined as members of a club, for sport or leisure time physical activity.

Just over a quarter of all people living in Yorkshire have been members of a club, for sport or leisure time physical activity in the last four weeks (27%).

Geographic Variances

Club membership is greatest in North Yorkshire, where three in ten people are members (30%). By contrast one quarter of people living in Humber and South Yorkshire have been a sport club member in the last four weeks (25%).

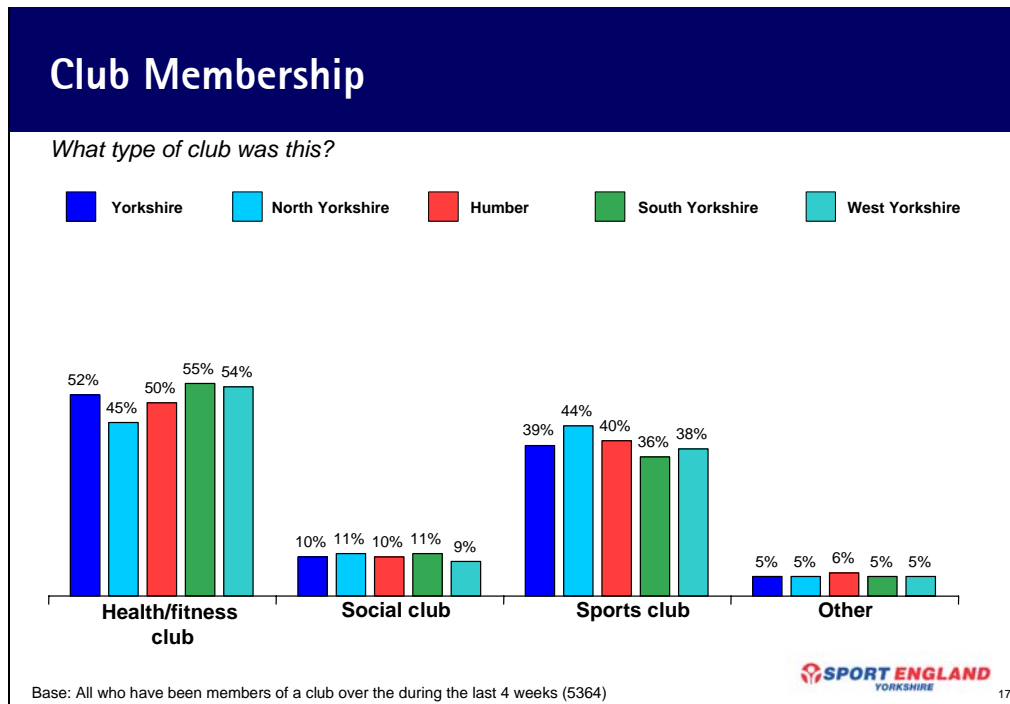
Overall, Harrogate appears to have the highest proportion of sport club members in the whole of Yorkshire (34%), while similar levels are recorded in York (32%), Hambleton (31%), Leeds (31%) and Craven (30%). In contrast, being a sport club member is less common in Doncaster, North Lincolnshire and Kingston upon Hull (each 23%).



Understanding why general participation is higher than average but sport club membership is below average in some local authority areas, (e.g. in Kingston upon Hull, 39% of the local population meet the criteria for KPI 1) will be important for strategic planning in Yorkshire and its associated geographic sub-areas. Furthermore, this type of understanding can only help in planning ways to

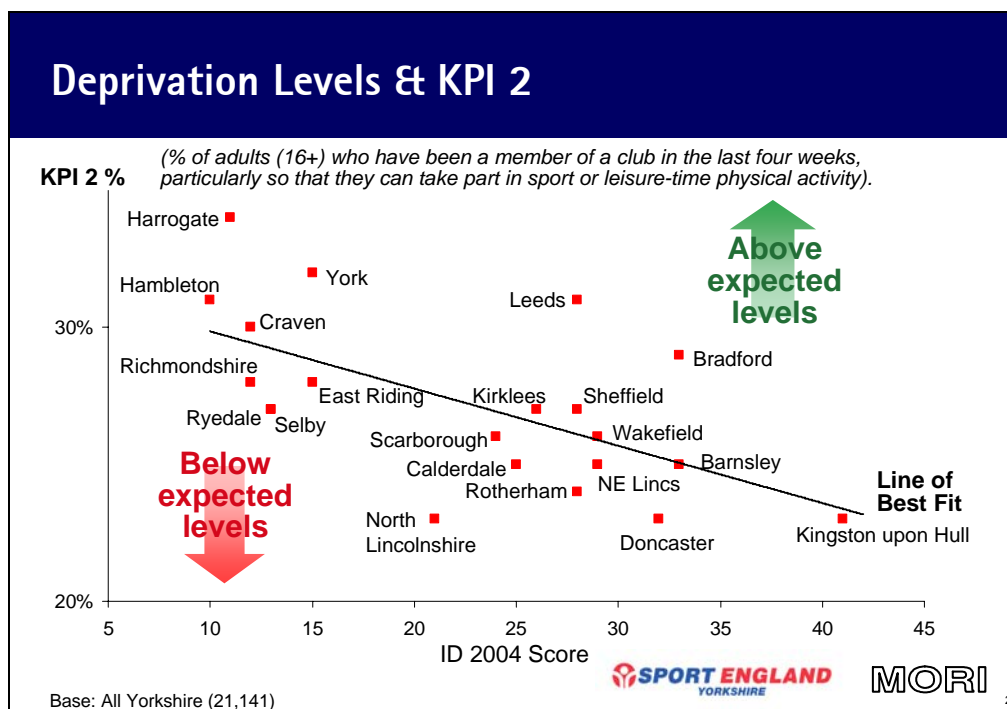
encourage more people into local clubs and by doing so, increasing their propensity to participate regularly in sport and active recreation.

In terms of types of club, **health and fitness clubs** are by far the most popular, with half of those club members in Yorkshire having been a member of one in the last four weeks (52%) – with a particularly high proportion in Kingston upon Hull (61%). **Sports clubs** are also popular, with two in five people saying they are members (39%). People living in Ryedale (50%), Richmondshire (47%), Hambleton (46%) and York (45%) are significantly more likely than residents of Yorkshire as a whole to have been a member of a sports club in the last four weeks.



Levels of Deprivation

As is the case with general participation in moderate intensity sport and active recreation, sport club membership is associated with the level of deprivation recorded for each local authority area. People living within local authority areas classified as low scoring IDs, are significantly more likely to belong to a sport or leisure club (30%) than people living in more deprived areas (25%).



However, as the chart illustrates, there are some local authority areas that are exceptions to this overall finding. For example, Ryedale and Selby have fairly low ID scores, yet score below the expected level of sport club membership. In contrast, Bradford, which is more deprived, scores much better on this dimension than we would expect. Moreover, Leeds and North Lincolnshire deviate greatest from the line of best fit. Of course, this relationship only explores the association between sport club membership and level of deprivation and these outliers suggest that deprivation alone is not always the key driver of good or poor performance on KPI 2.

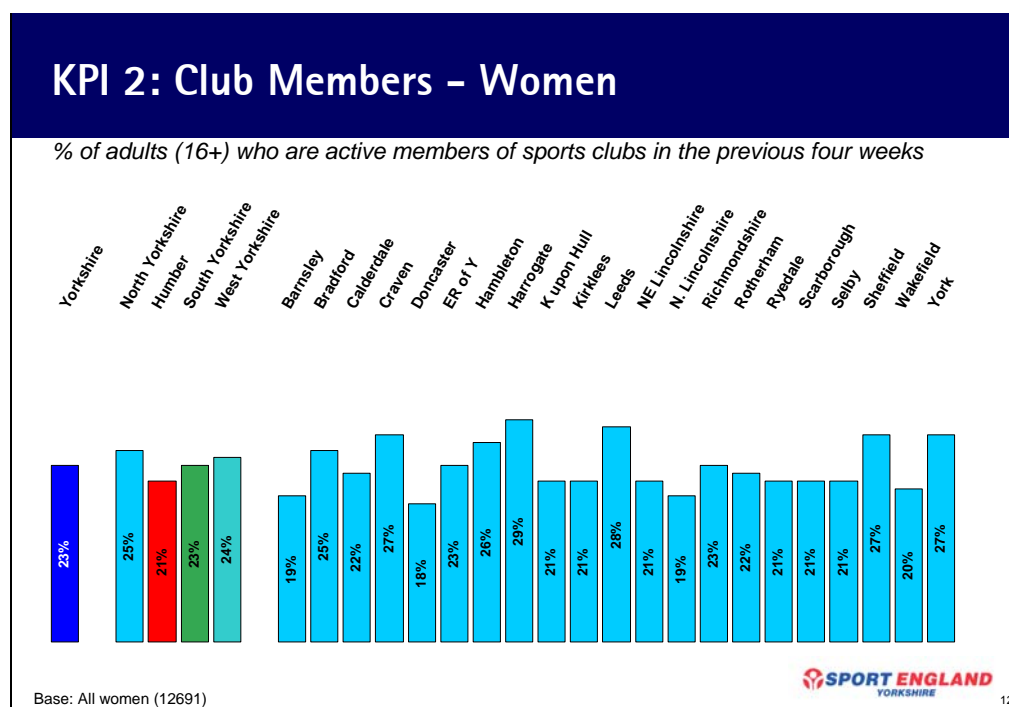
Gender

Men are significantly more likely than women to be a sport club member (31% versus 23%).

Women living in North Yorkshire are more likely than women living elsewhere in the Yorkshire region to be sport club members (26% versus 23%), with the lowest level of membership in the Humber sub-region (21%).

Within the local authority areas, Harrogate has a significantly higher than average proportion of women who belong to sports clubs (29%). The reasons for this

are likely to be linked to the low levels of deprivation in the area, but further investigation could help in understanding why this local authority area is particularly successful. Craven (27%) and Leeds (28%) also have significantly higher than average proportions of women who are sport club members.



The highest rates of male sports club membership are among men living in Harrogate and York (40% and 37% respectively). Men living in Kingston upon Hull are less likely to be a sport club member than those living in Yorkshire as a whole (25% vs 31%). Women too, are less likely to be sport club members (21%), if they live in this local authority area. However, for women, a number of local authority areas have significantly below average proportions of females belonging to sport clubs. These include Doncaster (18%), Barnsley (19%) and North Lincolnshire (19%).

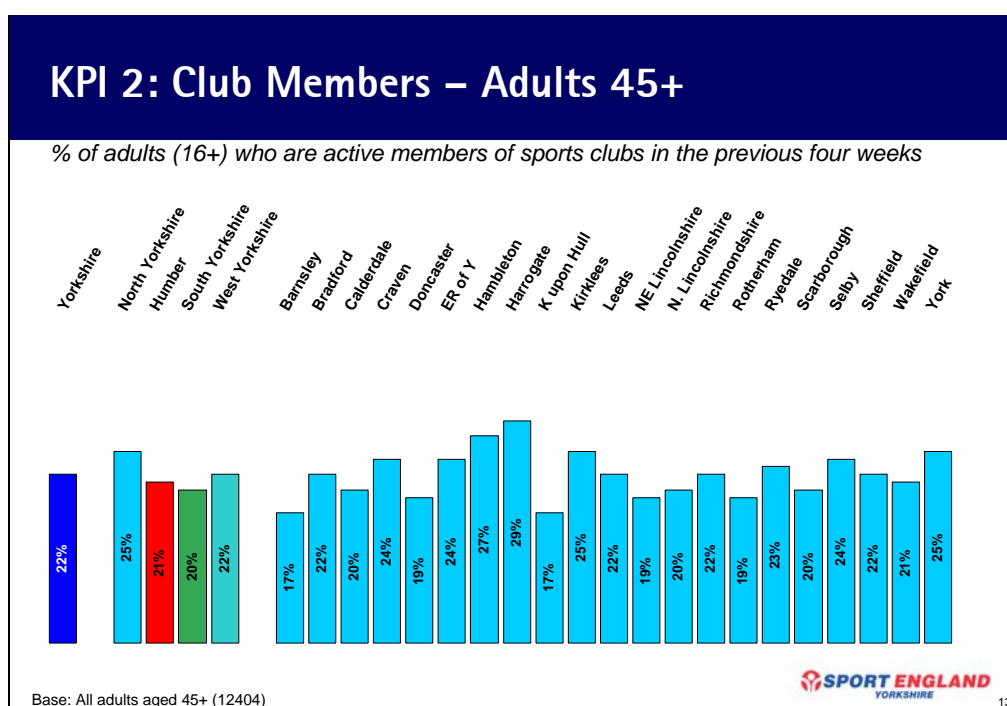
The type of club appears to impact significantly on levels of membership by specific groups. Of those who have been a sport club member in the last four weeks, women are significantly more likely than men to have been a member of a health or fitness club (67% versus 40%). Conversely, men are significantly more likely than women to have been a sport club member (53% versus 22%).

Men and women who have received **coaching** to improve their performance and/or who have **participated in organised competition**, are significantly more likely to be a sport club member. Two-thirds of all men and around three in five of all women who are active in these two areas have also been a sport club member. Volunteering in sport also impacts upon club membership. The proportion of men and women who **volunteer in sport** and are sport club members is significantly higher than the proportion of people who do not volunteer in sport.

Age

People aged 16-44 are significantly more likely than those aged 45 or over to be members of sport clubs (33% versus 22%).

At a sub-regional level, North Yorkshire has the highest proportion of club members aged 16-44 and 45+ in Yorkshire (36% 16-44 and 25% 45+). The type of sport or leisure club that people are members of varies with age. Health and fitness club membership is significantly higher amongst people aged 16-44 than those aged 45+ (58% versus 42%). In contrast, social clubs are more likely to appeal to older people, with around one in five people aged 45+ being a member (18%).



With an ageing population, the need to encourage older people to take part in physical activity, perhaps through clubs, becomes increasingly important. In Harrogate, Hambleton and Kirklees, people aged 45+ appear to be more likely to be members of sport or leisure clubs (29%, 27% and 25%), whilst just one in six people aged 45+ (17%) who live in Barnsley and Kingston upon Hull have been a sport club member in the last four weeks.

Ethnicity also impacts upon this type of activity by age group. Those aged 16-44 and who are of white ethnic origin are significantly more likely than those aged 16-44 from BME groups to be a sport club member (34% versus 26%). However, by the time people reach the age group of 45 and over, differences between ethnic origins disappear (white 22% versus BME 16%).

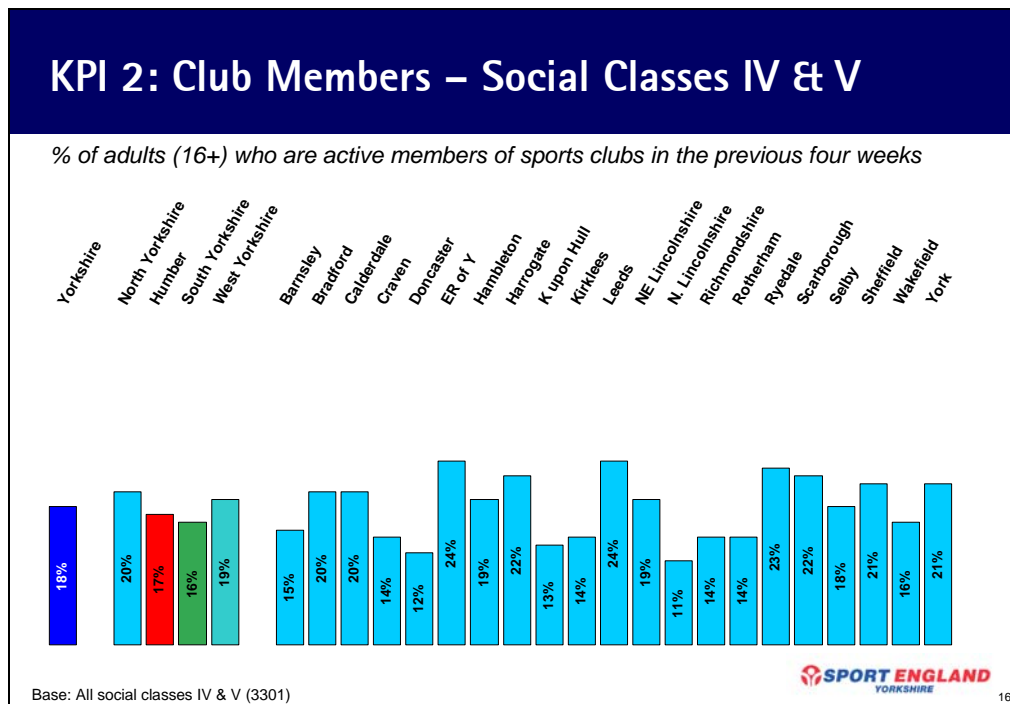
People's perceptions of their general **health** may also be related to whether or not people of different ages have been a sport club member in the last four weeks. For both age bands (16-44 and 45+), those who describe their health as

having been ‘good’ are significantly more likely to be sport club members than those who say their health is ‘poor’. However, people who are aged 45+ and describe their health as ‘fairly good’ are less likely to have been a sport club member. Just one in five people aged 45+, who describe their health, as ‘fairly good’ are sport club members. This compares to three in ten of those aged 16-44 who describe their health in this way. This implies that those in ‘fairly good’ health are more likely to be sport club members when aged 16-44, but less so when they are aged 45+.

Social Class

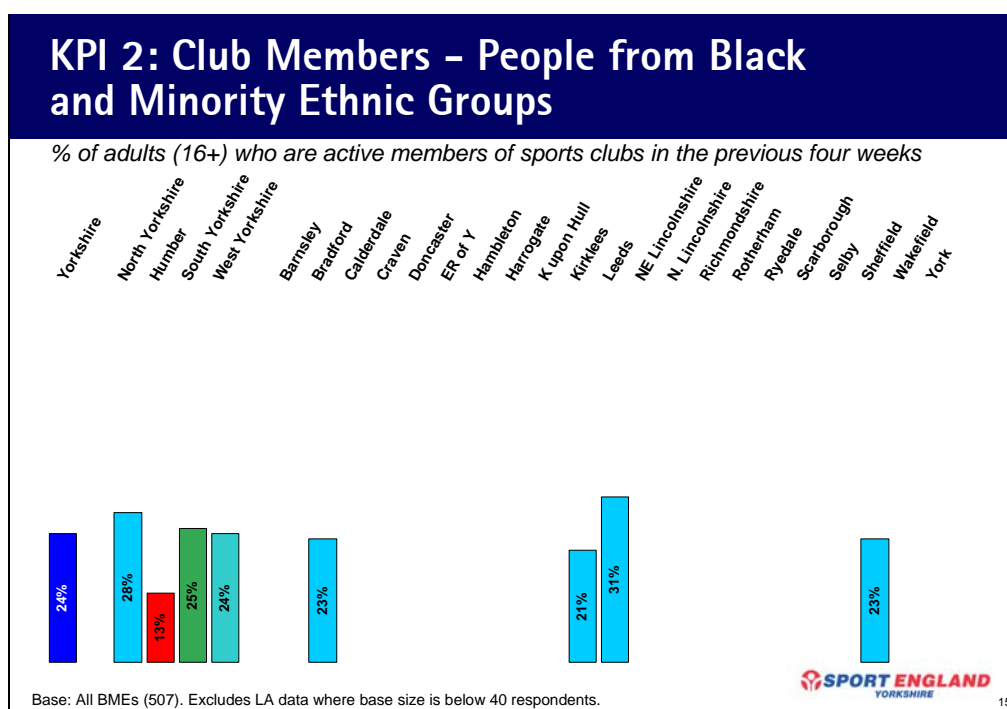
Membership of a sport or leisure club declines with lower social status. The proportion of people from social classes IV & V who are sport club members is almost half the proportion of those from social classes I & II (18% versus 34%).

Although not significantly different, people of social class IV & V living in East Riding of Yorkshire, Leeds (both 24%), Ryedale (23%), Scarborough and Harrogate (both 22%) are more likely than the baseline for Yorkshire to be a member of sport clubs. In contrast, the lowest rates of sport club membership among social classes IV & V are in North Lincolnshire (11%) and Doncaster (12%). This compares with the two in five people of social class I & II, who live in Harrogate, Leeds and York are members of sport clubs, again significantly higher than the baseline for Yorkshire.



Ethnicity

People’s ethnicity appears to have less impact on their likelihood to be a sport club member than some other key demographic variables. A quarter (24%) of people from BME groups and 28% of people of white ethnic origin have been a sport club member in the last four weeks. Although there appears to be a difference between levels of BME club membership across local authority areas (11% between Kirklees and Leeds), with base sizes for ethnicity so small there are no significant differences.



Seven in ten ethnic minority residents who have been a member of a club, are members at health and fitness clubs (69%). This is significantly higher than the proportion of both white people and the baseline for Yorkshire. In contrast, sports clubs tend to attract a significantly higher proportion of white people than people from BME groups (39% versus 27%).

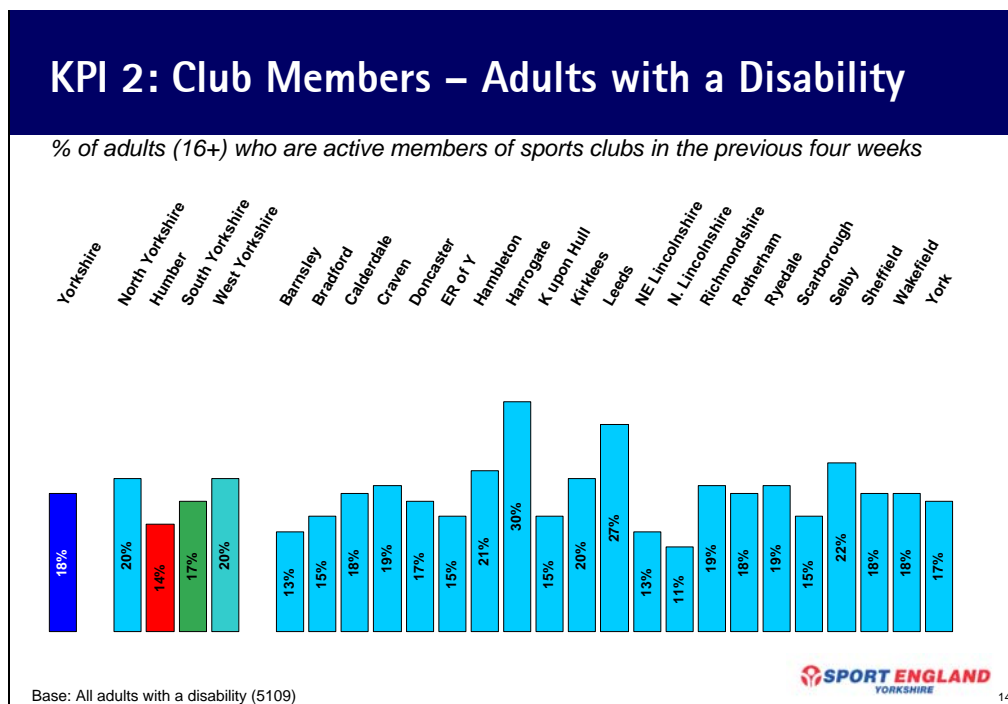
Although not significantly different, women from BME groups are slightly less likely than those from a white ethnic background to be members of sport or leisure clubs (19% versus 24%). Men however, are less affected by their ethnic background (30% BME versus 32% white). Interestingly, the social class of a person of white ethnic origin is far more likely to impact on whether or not they belong to a club than it is for people of BME ethnic origin. Whilst club membership tends to decline with lower social class status regardless of ethnicity, the differences are statistically significant for people of white ethnic origin. For example, people of white ethnic origin of social class I & II are significantly more likely than the average for all white people to have been sport club members (34% versus 28%).

Disability

People with a long term illness or disability in Yorkshire are significantly less likely than those without a disability to have been a sport club member in the last four weeks (18% versus 30%).

North and West Yorkshire tend to perform significantly better on this dimension than the Humber and South Yorkshire. From a local authority area perspective, the situation is even more unfavourable in Barnsley, North East Lincolnshire and North Lincolnshire, where around one in eight people with a disability are sport club members (13%, 13% and 11% respectively). In contrast, Harrogate and Leeds have significantly higher proportions of people with disabilities belonging to sport and leisure clubs (30% and 27%).

Interestingly, whether people with a disability live in an area with a medium or low ID score does not appear to be associated with their likelihood to be club members. However, for people without a disability, living in an area with a medium score of deprivation makes you significantly less likely to be sport club members.



People living in Yorkshire who have a disability are not accessing sport and leisure clubs as much as people who do not have a disability. The latter group of people are significantly more likely than those with a disability to have been a member of a health and fitness clubs or a sports club in the last four weeks. Social clubs are the only type of club listed, that are likely to have a higher proportion of disabled members than non-disabled members (18% versus 8%). This raises important issues about the level of equality of opportunities and provision for people with disabilities.

Coaching

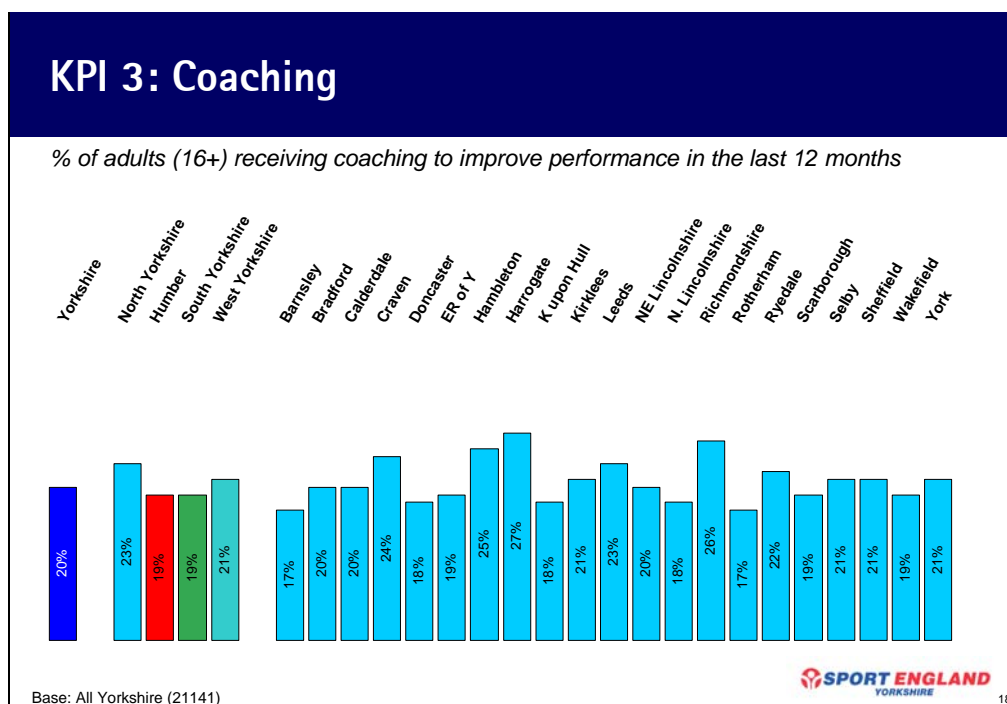
KPI 3: Coaching (% of adults receiving coaching to improve performance in the last 12 months).

One in five people living in Yorkshire has received tuition from an instructor or coach to improve their performance in a sport or leisure time physical activity in the last 12 months (20%).

Geographic Variances

The North Yorkshire sub-region has a significantly higher than average proportion of people who having received coaching in the last 12 months (23% vs 20% for Yorkshire).

Harrogate, Richmondshire, Hambleton and Craven all have significantly higher than average proportions of people who say they have received coaching to improve performance in the last 12 months (27%, 26%, 25% and 24% respectively). In contrast, those living in Barnsley or Rotherham are significantly less likely than average to have received coaching in the last 12 months (both 17%).



Not surprisingly, people’s chances of receiving sports coaching increases if they are **members of sport or leisure clubs**. Almost half of all club members have also received coaching in the last 12 months (46%). Equally, people who have **participated in organised competition** are significantly more likely than those

who have not, to have also received coaching in the last 12 months (42% versus 17%).

Self reported **Health** status is also a factor – the lower self-rating for health, the less likely they are to have received coaching in the past 12 months (24% of those in ‘good health’, 18% ‘fairly good health’, and 13% ‘poor health’).

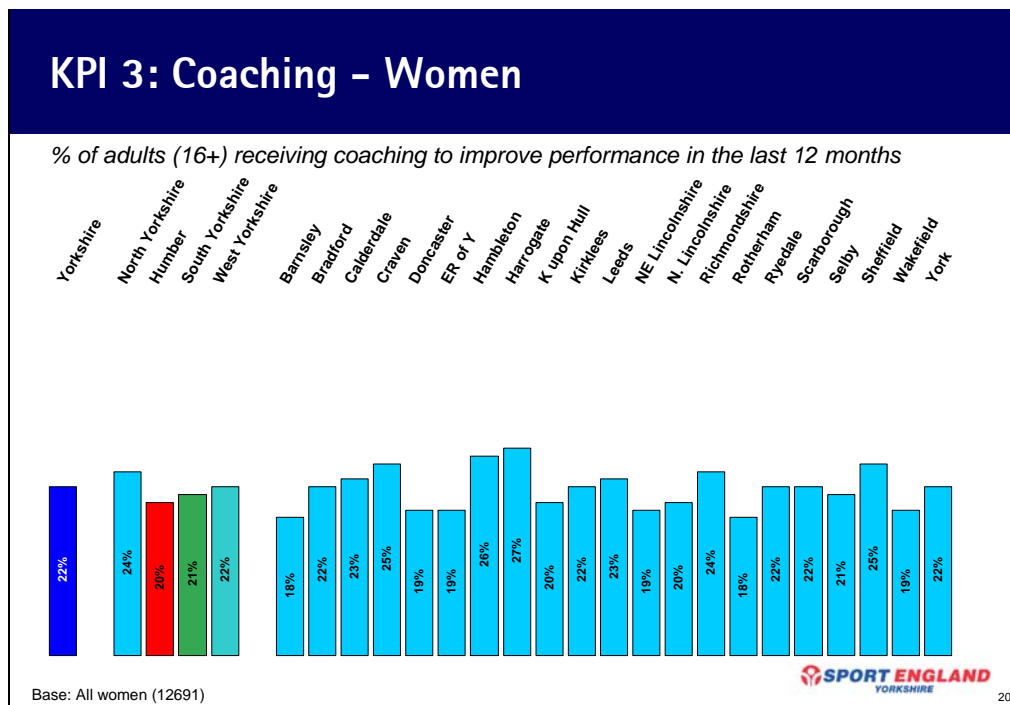
Levels of Deprivation

As with other measures, the likelihood that people have received coaching to improve performance is associated with where they live and in particular, how ‘prosperous’ or not their local authority area is – although the relationship is perhaps slightly less strong than might be expected. 19% of people in the most highly deprived areas of Yorkshire have received coaching in the last 12 months, compared with 21% in local authority areas with a medium ID score and 22% in those with a low ID score.

Gender

Unlike some other measures of participation in physical activity, women are *more* likely than men to have received coaching to improve performance in the last 12 months (22% versus 19%).

However, in the two local authority areas in which the highest proportion of women have received coaching (Harrogate 27% and Hambleton 26%), men are also more likely to have received coaching than in most other local authority areas (28% Harrogate and 25% Hambleton). In contrast, Craven, Leeds and Richmondshire all have higher proportions of men than women receiving coaching to improve performance.

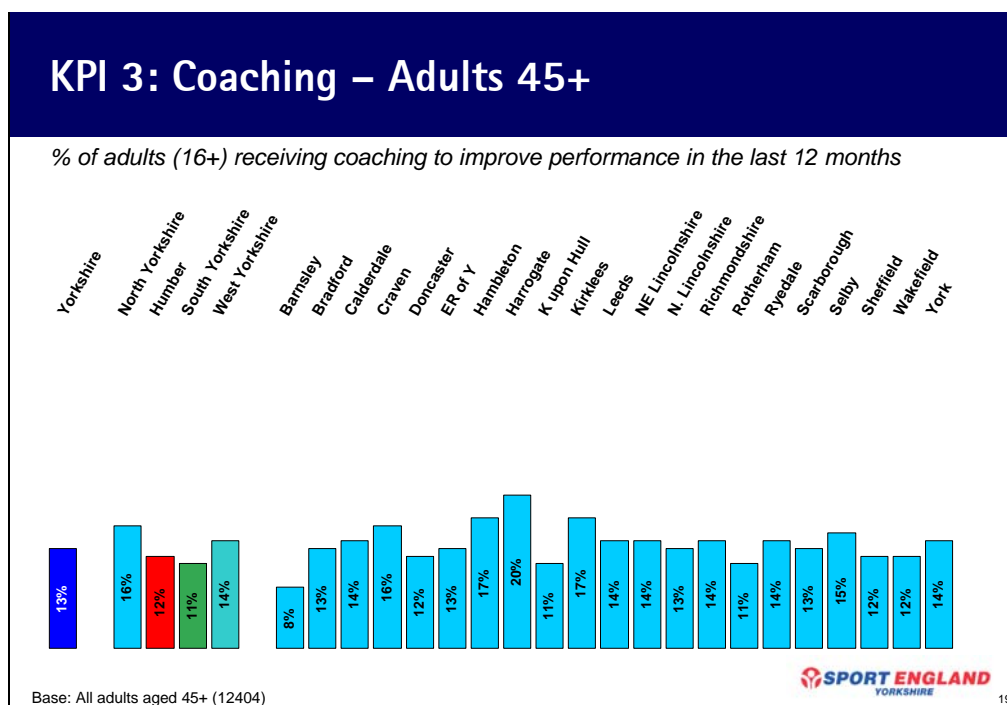


For women, their involvement in other aspects of physical activity impacts more notably on their likelihood to have received coaching. For example, women are more likely than men to be have received coaching if they are *also* members of **sport or leisure clubs** (53% women; 41% men), have **participated in organised competition** (53% women; 39% men) or if they have **volunteered** for sport or leisure (53% women; 42% men).

Age

Those people aged 16-44 are significantly more likely than those aged 45+ to have received coaching in the past 12 months (28% versus 13%).

While younger people are more likely to have received coaching, the likelihood of them doing so is particularly high if they live in Richmondshire (38%), Craven (36%), Harrogate (36%) or Hambleton (34%). The latter two local authority areas also have strong levels among the 45+ age group, (20% Harrogate and 17% Hambleton vs. 13% for Yorkshire).



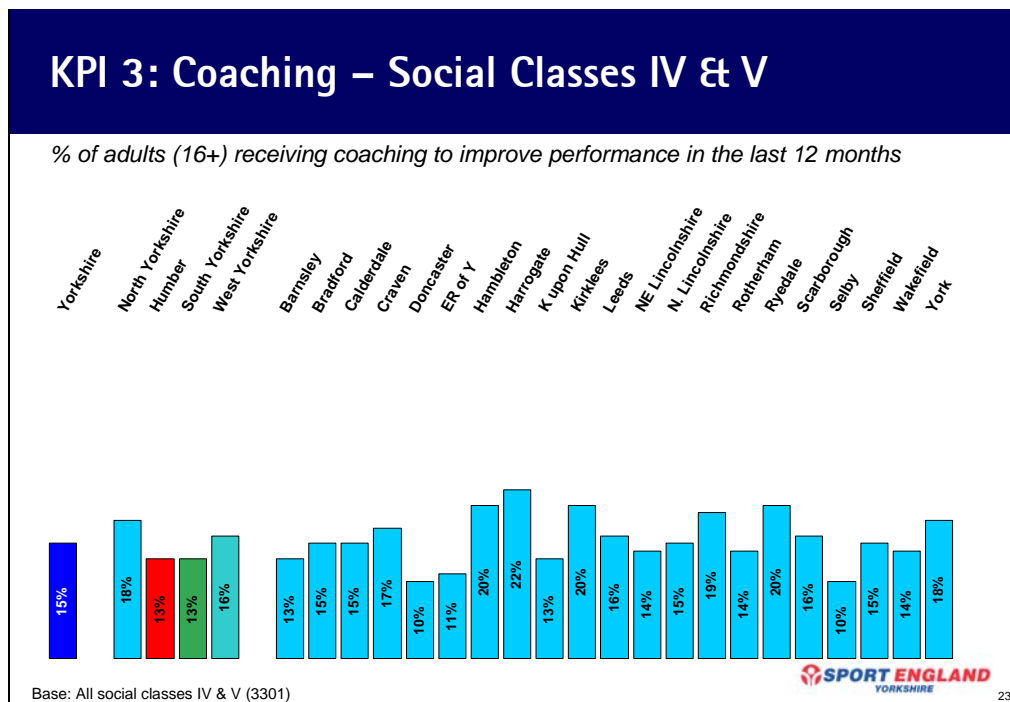
The 'lowest' performing local authority areas include Barnsley (8% of those aged 45+ have received coaching), Kingston upon Hull and Rotherham (both 11%).

People's receipt of coaching to improve performance is influenced by the way they get involved in sport. For example, under 45s are twice as likely to have received coaching if they are also a **member of a sport or leisure club** (53% vs 26% overall), while club members aged 45 or over are three times as likely to have received coaching (36% vs 13%).

Social Class

People of social classes I & II are significantly more likely to have received coaching in the past 12 months than people of social classes III M & N and IV & V (25% versus 17% versus 15%).

Harrogate and Hambleton tend to have higher rates across the social class groups. In contrast, residents from social classes IV & V, in Barnsley, Doncaster, East Riding of Yorkshire, Kingston upon Hull and Selby are among the ‘poorer’ performing authority areas in terms of coaching levels. In these areas between one in ten and one in eight people from these social class bands have received coaching.

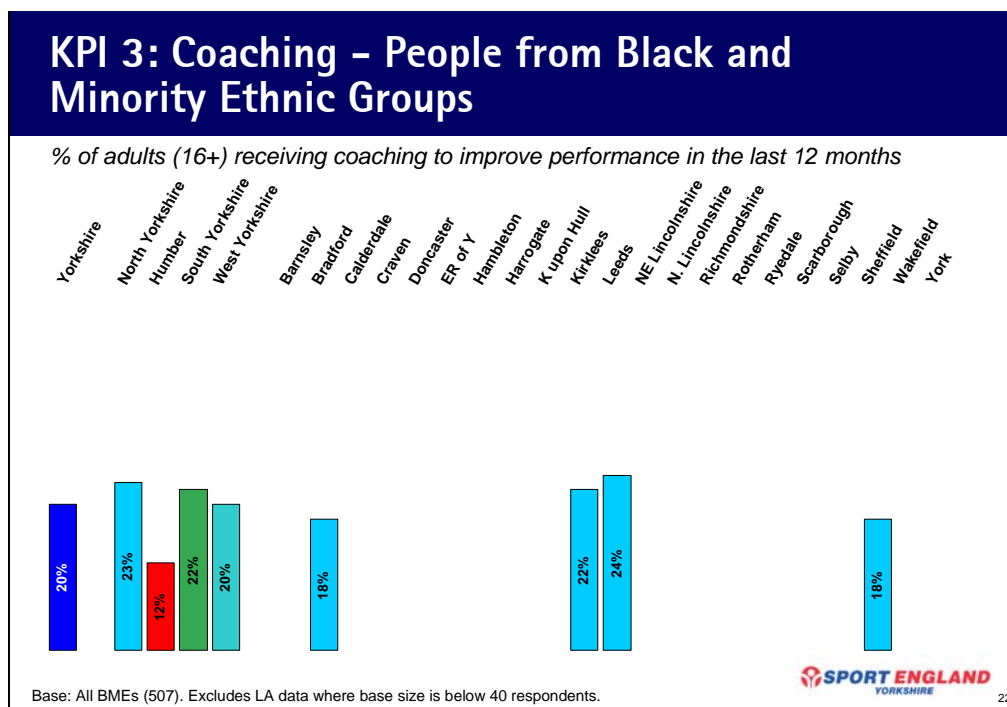


Women categorised in social classes I & II are significantly more likely than men in the same group to have received coaching in the last 12 months (28% versus 22%). While men in social classes IV & V are more likely than women from these social classes to have received coaching in the last 12 months (22% versus 28%).

Ethnicity

The ethnic origin of people living in Yorkshire does not appear to have an impact on whether or not they have received coaching to improve their performance in the last 12 months (20% white and 20% BMEs).

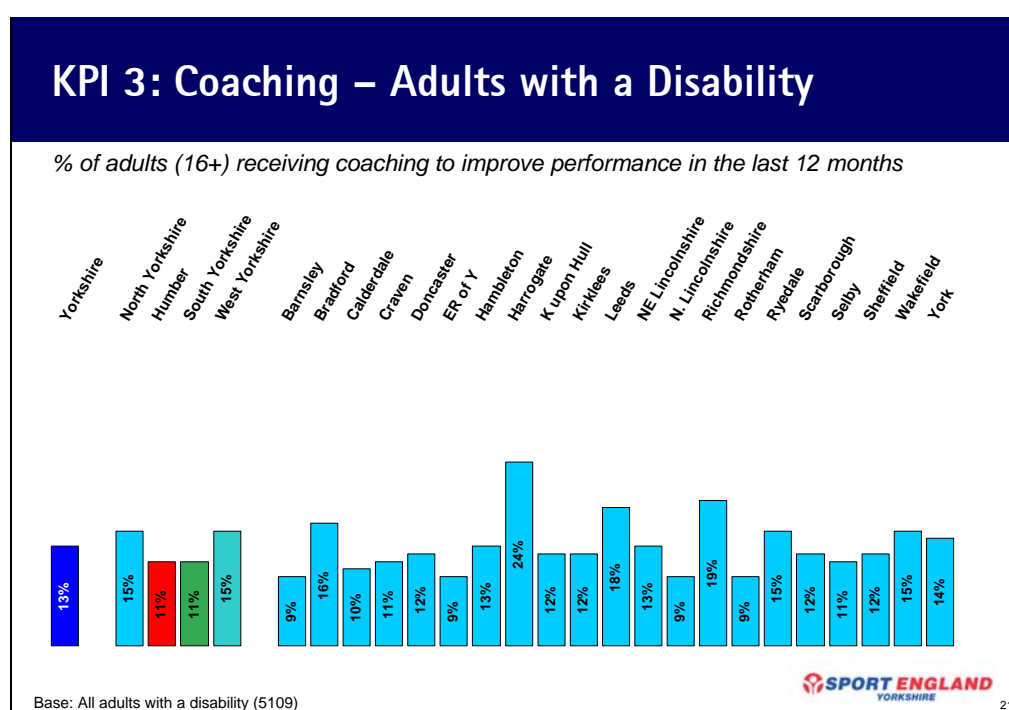
The Humber sub-region has a significantly lower than average proportion of people from BME groups who have received coaching. In Leeds and Kirklees more than one in five people from BME groups have done so (24% and 22% respectively), which is apparently (although not statistically significant) higher than in Bradford and Sheffield (both 18%).



Disability

Thirteen per cent of people with a disability or long term illness have received coaching, compared to almost a quarter of people who do not have a disability (23%).

The situation in Harrogate is significantly better than in other parts of the region with a quarter of local residents with a disability having received coaching in the last 12 months (24%) – the ‘closest’ local authority area is Richmondshire on 19%. Both of these local authority areas perform significantly above the baseline score for Yorkshire, as well as a number of other areas, where around one in ten people have received coaching in the past 12 months - particularly, Barnsley, Calderdale, Craven, Doncaster, East Riding of Yorkshire, Kingston upon Hull, North Lincolnshire, Rotherham, Selby and Sheffield.



Ethnic origin again has an impact on those people with a disability’s likelihood to have received coaching. For people with a disability, who are also of BME ethnic origin, the likelihood of having received coaching is significantly greater than if they are of white ethnic origin (22% versus 13%). Understanding why this is the case may help improve participation rates amongst disabled people of a white ethnic origin.

As with other measures of physical activity, having been a member of a sports club, or having participated in competitive sport or volunteered in sport or leisure also means a person with a disability is more likely to have been coached in the last 12 months.

Competitive Sport

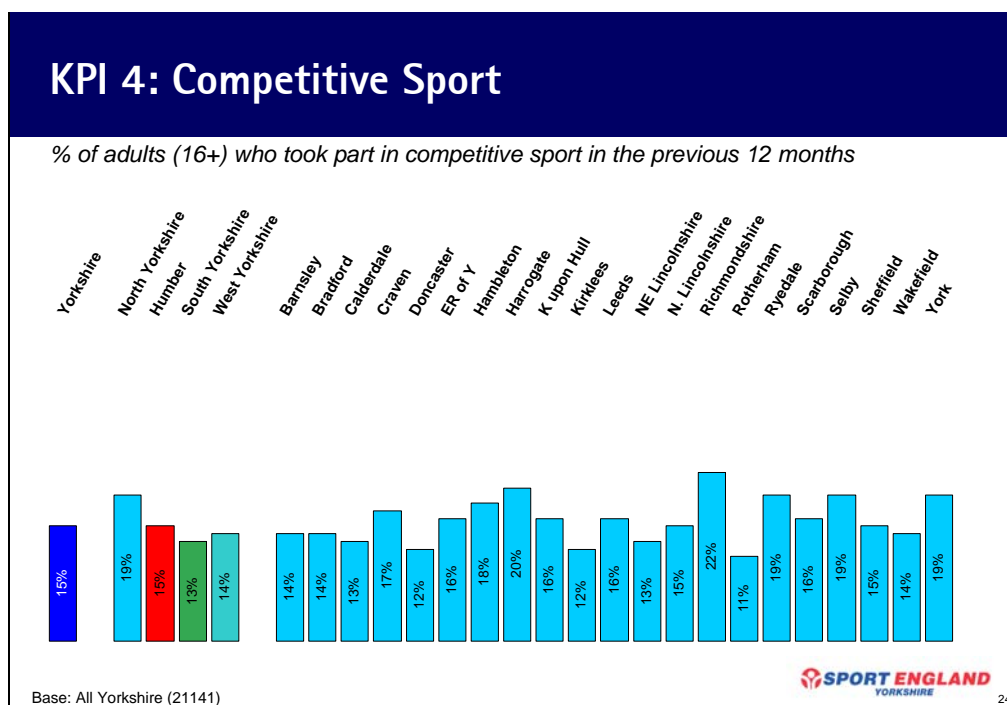
KPI 4: Competitive Sport (% of adults who took part in competitive sport in the previous 12 months).

Fifteen per cent of people living in Yorkshire have taken part in organised competition in the last 12 months.

Geographic Variances

Organised competition is more common among people living in North Yorkshire (19%) than in other parts of the region – particularly South Yorkshire (13%) and West Yorkshire (14%).

At a more local level, participation in organised competitions is above average in Richmondshire (22%), Harrogate (20%), Ryedale, Selby and York (all 19%). Those areas that have below average results, tend to be the ones that have also performed less well on all previous measures of physical activity, including Doncaster, Kirklees and Rotherham.



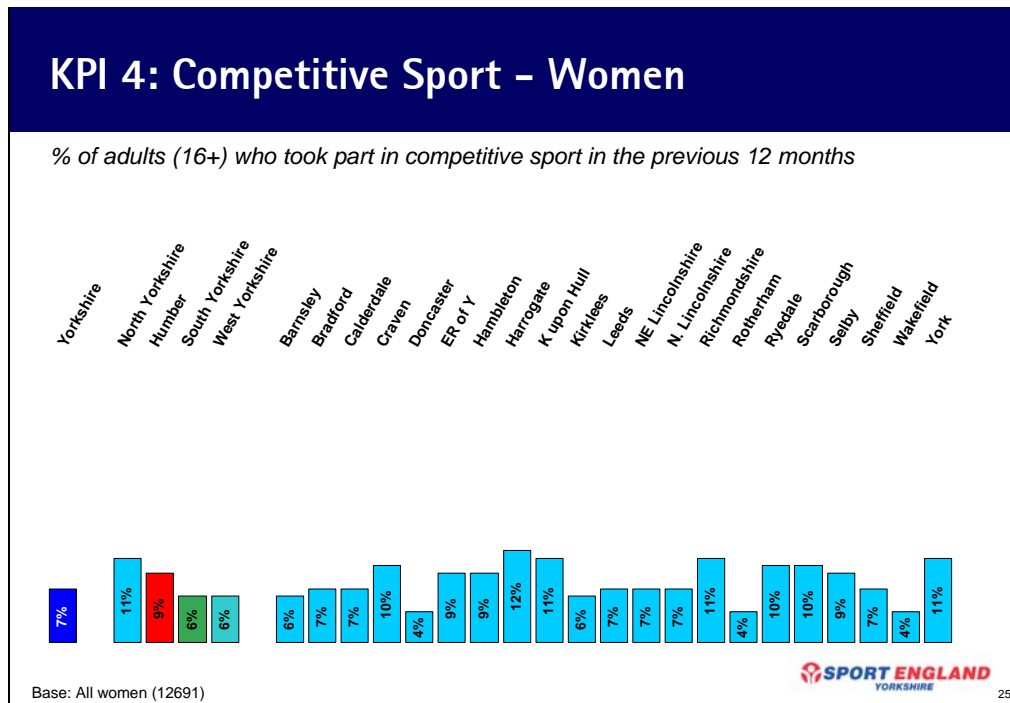
There appears to be a relationship between **volunteering** in sport or physical activity and people’s likelihood to have taken part in organised competition. Half of all people who have volunteered have also been involved in competitive participation (50% vs 10% of those who have not). **Club membership** has a similar positive impact with members significantly more likely to have participated in organised competition in the last 12 months (35% versus 7% of non-members). Finally, the same can be said for those who have received

coaching, with three in ten also having participated competitively (31%), compared to just one in ten (11%) who have not received coaching.

Gender

Men are more than three times as likely as women in Yorkshire to have participated in organised competition in the last 12 months (23% versus 7%).

While local authority areas such as Harrogate, Kingston upon Hull, and Scarborough all have higher than average proportions of women participating competitively, these still only represent between 10-12% of the local female population - with men remaining two to three times as likely to be participating in organised competition (e.g. Harrogate 29%, Kingston upon Hull 22% and Scarborough 23%) than women.

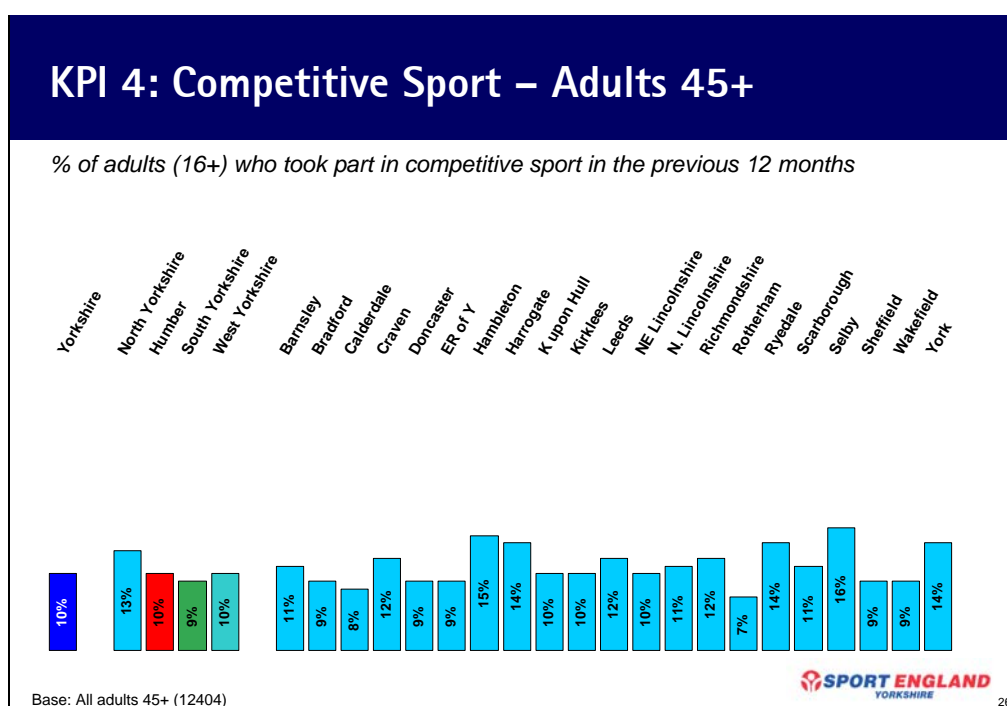


For women, having been involved in **volunteering** for sport or leisure, being a **member of a club** or **receiving coaching** in the last 12 months makes a significant, but lesser impact than for men, on their likelihood to participate in organised competition.

Age

People aged 16-44 are twice as likely to have participated in organised competition, than those aged 45+ (20% versus 10%).

Those aged 45+ living in areas such as Hambleton, Harrogate, Selby, Ryedale and York (ranging between 14%-18%) are more likely to have participated in organised competition than those living in Yorkshire as a whole. In contrast, residents of Rotherham and Calderdale are least likely to have done so (7% and 8% respectively). For younger people aged 16-44, living in Richmondshire increases the likelihood of participating in organised competition, with a third of this age group having done so (32% vs 20% for Yorkshire).



For people of all ages, being a **member of a sport or leisure club** and/or being **satisfied with local sports provision** is likely to be linked to whether or not they have also participated in organised competition.

A quarter of those people aged 45+ who have participated competitively have also received coaching in the last 12 months, compared to half of those people aged 16-44 who have received coaching.

Social Class

People of social classes I & II (18%) are significantly more likely than those in social classes III M & N (13%) and IV & V (10%), to have participated in organised competition in the last 12 months.

In some local authority areas however, the balance of those participating in competitive sport is very even. For example, in Craven, 18% of I & II, 16% of

III M & N and 17% of IV & V have done so in the last 12 months. In contrast, the difference is highly significant in areas such as North Lincolnshire, where just 4% of people of social classes IV & V have participated in organised competition in the last 12 months, compared with one in five people of social classes I & II.

Ethnicity

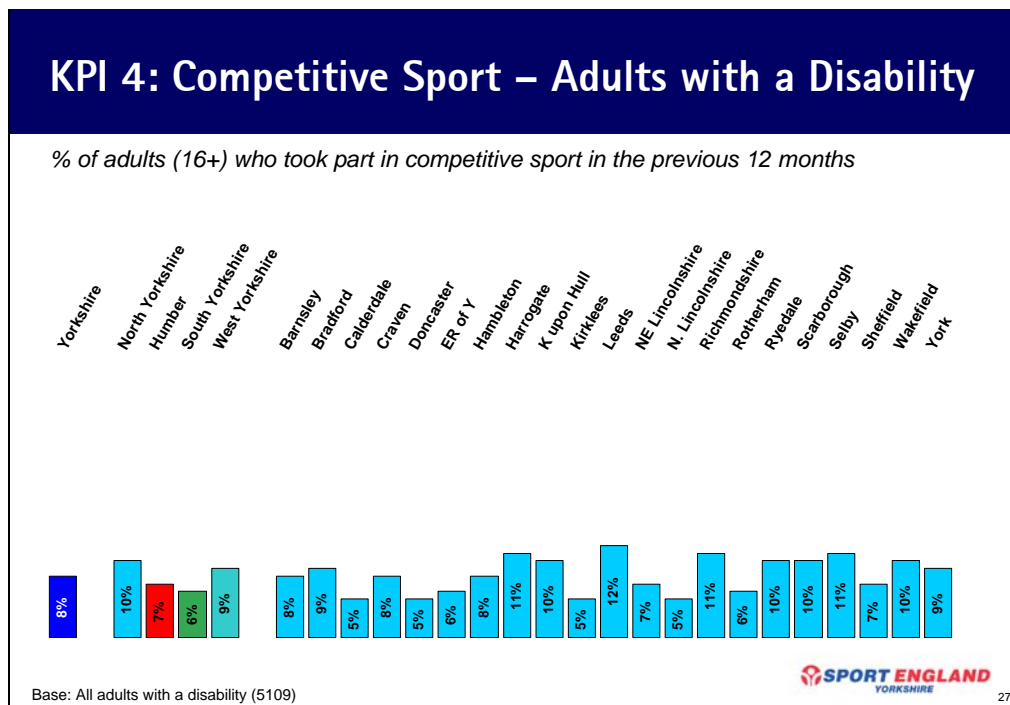
People of a white ethnic origin appear marginally more likely than those in BME groups to have participated in organised competition (15% versus 11%), although this is not a statistically significant difference.

BME groups in West Yorkshire are the least likely to have participated in organised competition, with just one in ten having done so in the last 12 months. This is notably lower than the results for the other sub-regions (North Yorkshire 17%, South Yorkshire 18% and Humber 21%).

Disability

Having a long term illness and disability significantly impacts a person’s likelihood to participate in organised competition. Just 8% of people with a disability in Yorkshire have done so in the last 12 months – compared with 17% of those without a disability.

Those people with a disability who live in Leeds are more likely to have participated competitively than the average person with a disability in Yorkshire (12% versus 8%).



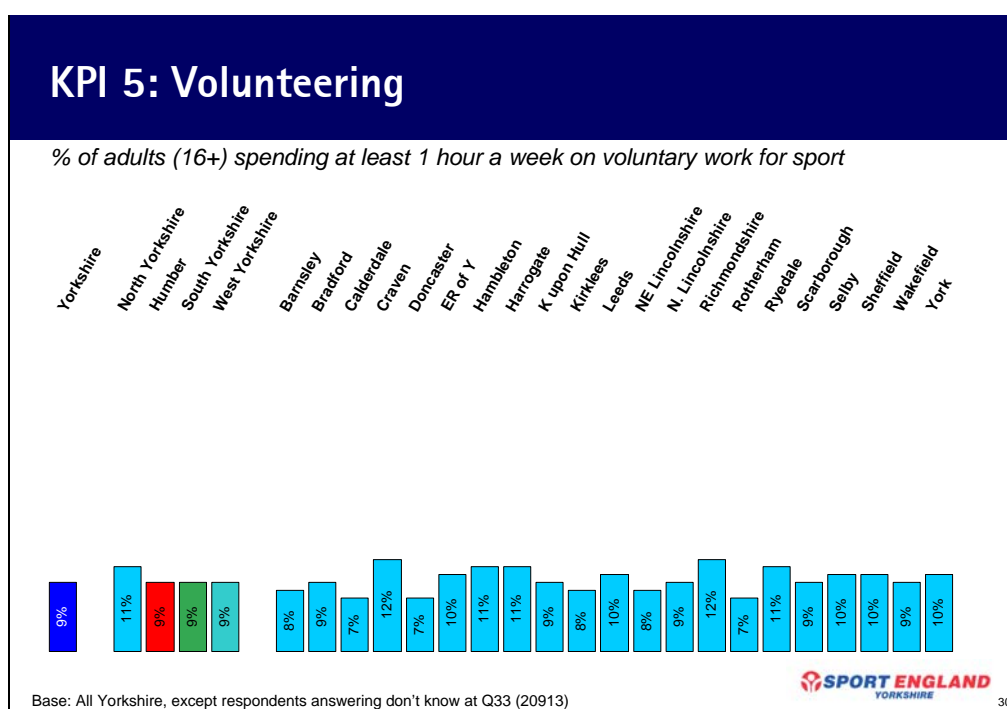
Volunteering

KPI 5: Volunteering (% of adults spending at least 1 hour a week on voluntary work for sport).

One in eleven adults in Yorkshire (9%), volunteer in sport for at least one hour per week.

Geographic Variances

Volunteering in sport and physical activity is more likely in the North Yorkshire sub-region than elsewhere in the region. One in ten (11%) have volunteered for at least one hour per week, which is also significantly higher than the baseline for Yorkshire (9%). At a local level, only Craven and Richmondshire have significantly higher than average proportions of people who have volunteered in sport or physical activity (both 12%).



Gender

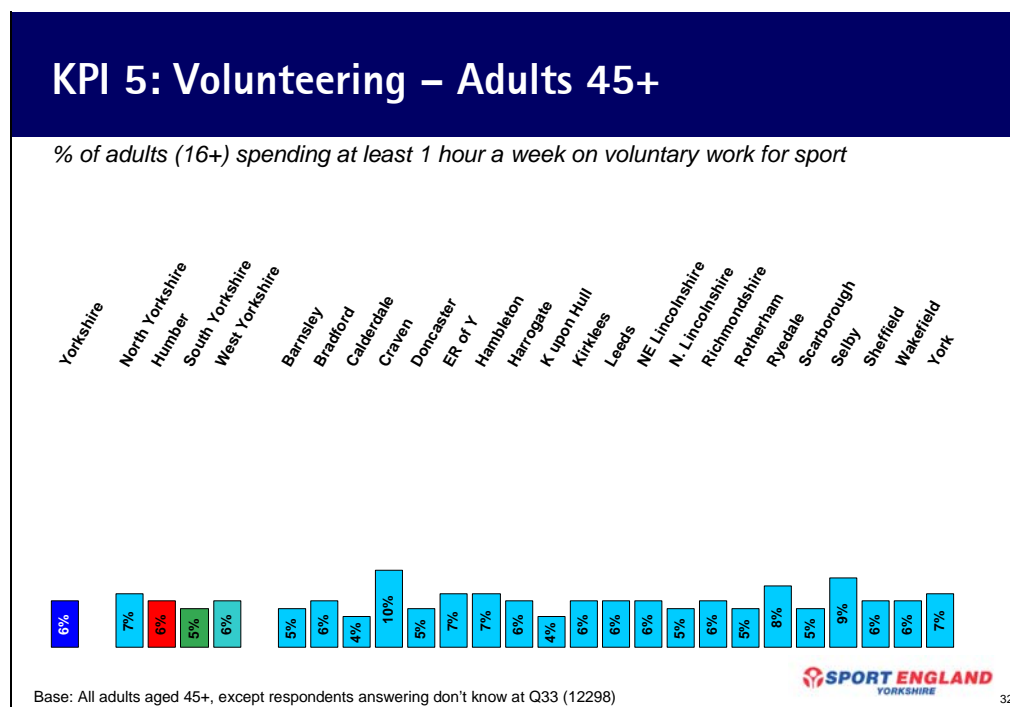
Men are twice as likely as women to have volunteered for at least one hour per week in sport (12% versus 6%).

Men represent almost two-thirds of all people who have volunteered for a minimum of an hour per week (64%), whilst women represent 36%. These figures closely resemble those reported in the 'Sports Volunteering in England, 2002', (Sport England, 2003) report, where 67% of all sports volunteers were identified as male and 33% female.

Men are more likely to be volunteering for at least an hour per week in sport in Craven, Sheffield and Richmondshire than in Yorkshire as a whole. Craven is also popular for female sports volunteers (8%), whilst Sheffield is one of the local authority areas with lower female representation in volunteering (5%). In other areas, such as East Riding of Yorkshire, men are twice as likely as women to have volunteered for at least one hour per week (14% versus 7%). The same can be said for Barnsley (10% men versus 5% women), Doncaster (10% men versus 4% women), North East Lincolnshire (12% men versus 6% women), and Rotherham (10% men versus 4% women) amongst others.

Age

It is already apparent that as people age, they become less physically active and this also reflected in the extent to which they are involved in sports volunteering. More than two-thirds of all people in Yorkshire who have volunteered for at least one hour per week are aged 16-44 (68%), with those aged 45+ account for the remain third (32%). Results for younger people (aged 16-44) are particularly high in Hambleton and Richmondshire (16% and 17% respectively), whilst Craven has a significantly higher than average proportion of people aged 45+ who have volunteered for at least one hour per week (10%).

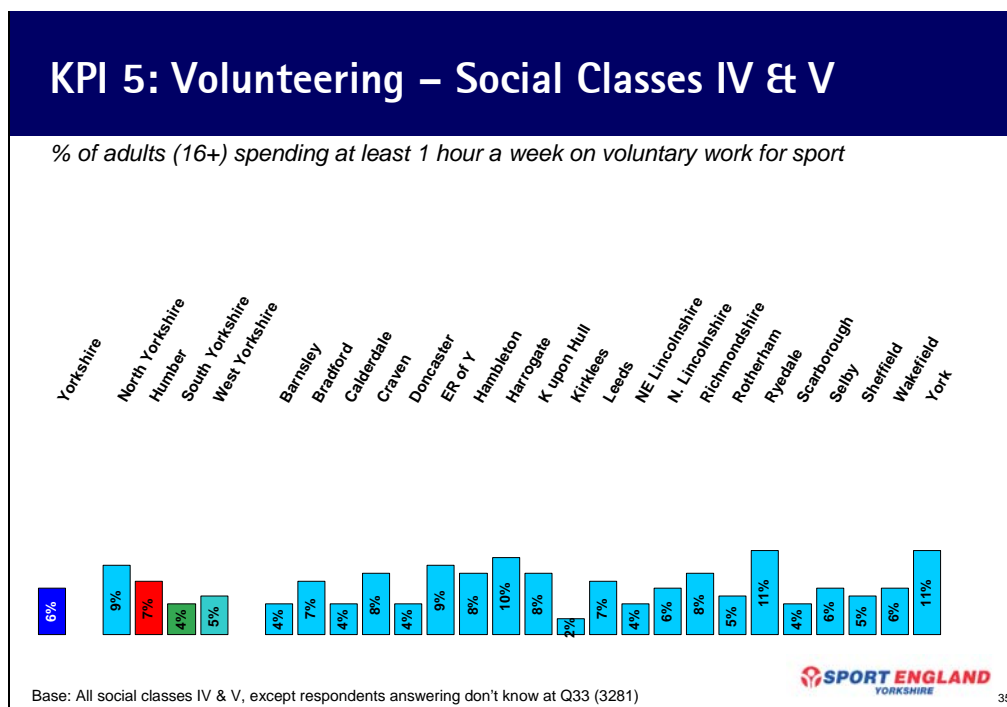


Amongst people in Yorkshire aged between 16-44 years, the proportions of people with or without a disability who volunteer for at least an hour a week are evenly matched (12% and 13%). However, by the time people reach the age of 45+, those who also have a disability are significantly less likely to be volunteering (4% versus 7% without a disability).

Social Class

People of social classes I & II are significantly more likely than those of lower social classes to have volunteered in sport for at least one hour per week (11% versus 8% III M & N and 6% IV & V).

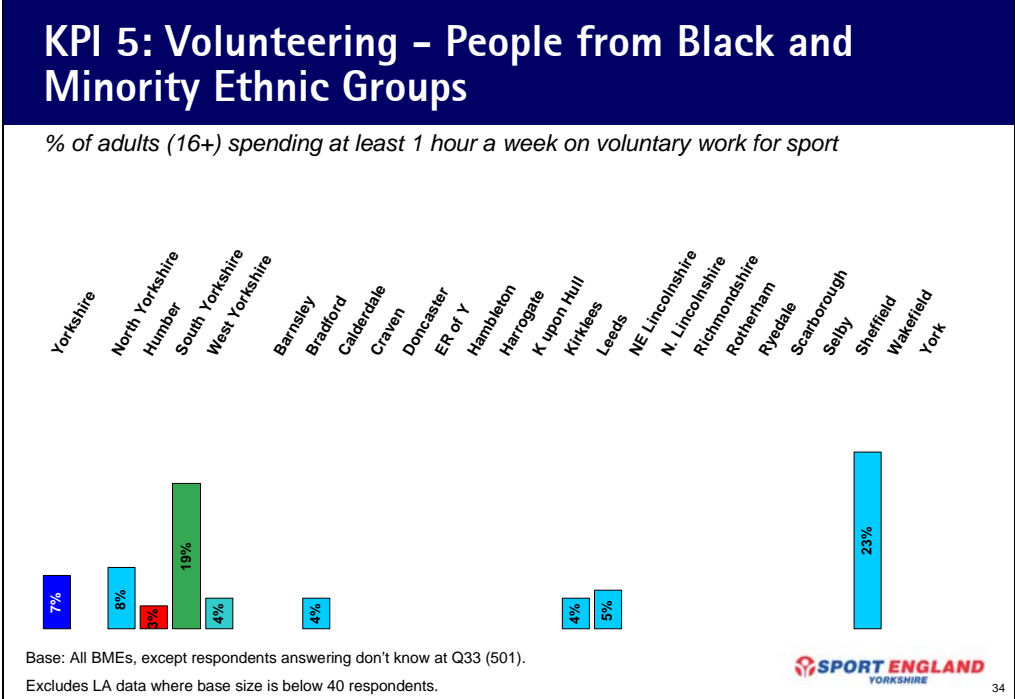
People who live in the North Yorkshire sub-region and who are of lower social classes are more likely to have volunteered than people of the same social class living elsewhere in Yorkshire. In addition, Harrogate, Ryedale and York appear to have slightly higher proportions of volunteers from lower social classes, although due to small base sizes these results should be treated with caution.



Men of social class IV & V are significantly more likely than women in the same social class groups to have volunteered in sport (10% and 3% respectively). Similarly, volunteers are more likely to come from people aged 16-44 (social classes IV & V) than those aged 45+ (9% and 3% respectively).

Ethnicity

There is little difference in the proportion of people from different ethnic backgrounds who have volunteered in sport for at least one hour per week (9% white origin and 7% BME origin). The chart below illustrates those local authority areas where there are reasonably high populations of people of BME ethnic origin. Only in Sheffield is there a significant proportion of BMEs who have volunteered for at least one hour per week (23%). However, the small base size (43) means that this result should be treated with caution and the observed deviation from the regional average is likely to be a result of this small base.



Disability

People living in Yorkshire, who have a disability, represent one in seven of all who have volunteered in sport for at least one hour per week (15%). Given the small base sizes, there are very few significant differences between the 21 local authority areas. Barnsley, Hambleton and Scarborough have the lowest proportions of people with a disability who volunteer in sport (all 3%). As is the case in general, men with a disability are significantly more likely than women with a disability to have volunteered in sport (8% versus 4%).

Those people that volunteer in sport and who have a disability appear less likely than people without a disability to be members of clubs, to have received coaching and participated in organised competition (see the following table).

Volunteering in Sport		
	All with a disability	All without a disability
<i>Base: All who have volunteered for at least one hour per week</i>	<i>(291)</i> %	<i>(1,628)</i> %
Club Member	54	61
Received Coaching	39	48
Participated in organised competition	39*	52*

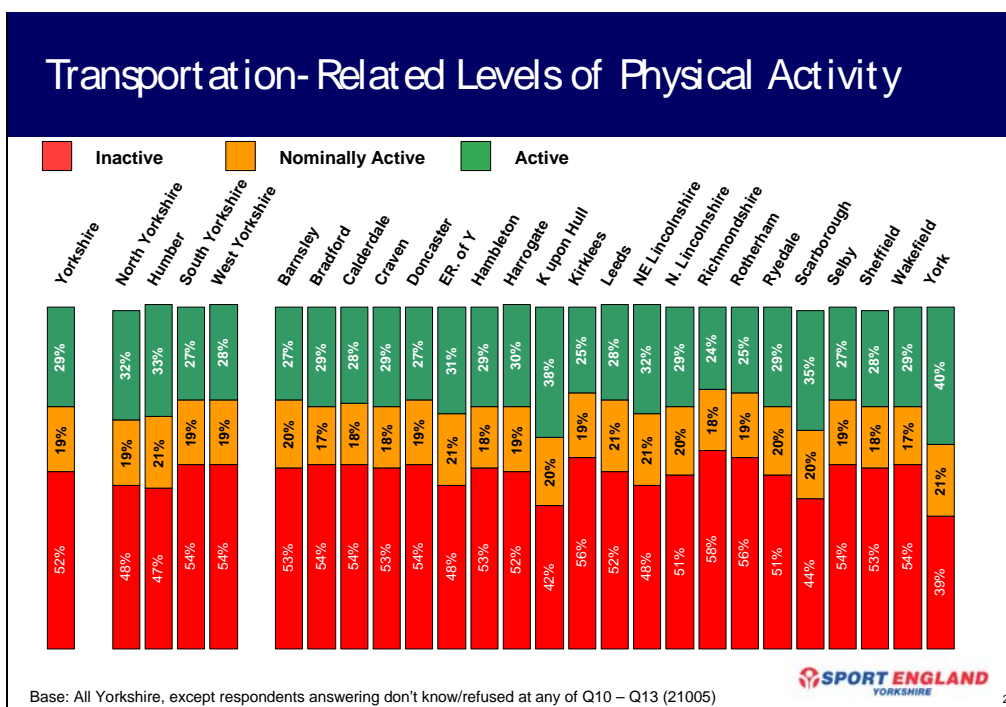
Source: MORI

*represents a significant difference at the 95% confidence interval

Transportation-related Physical Activity

One in three people living in Yorkshire are active in transportation-related physical activity (29%). This includes walking and cycling when going to and from work, doing errands or going from place to place. Around half of the population of Yorkshire are inactive (52%) and a further one in five are nominally active (19%).

The North Yorkshire and the Humber sub-regions having significantly higher than average proportions of people who are active in transportation (32% and 33% respectively) and South Yorkshire and West Yorkshire have significantly higher proportions of people who are inactive in this domain (both 54%).



In terms of the 21 local authority areas, York (40%), Kingston upon Hull (38%) and Scarborough (35%) have above average proportions of people who are active in transportation. Looking at individual types of activity in the transport domain, both York and Kingston upon Hull have higher proportions of people who have cycled and/or walked in the last seven days for at least 10 minutes at a time. In contrast, Richmondshire (58% - inactive), Kirklees (56%) and Rotherham (56%) all score worse than Yorkshire, with significantly higher scores for inactivity.

When it comes to transportation, there is no definitive relationship between people's level of physical activity and deprivation as measured in the **2004 Index of Deprivation (ID)**. For example, as we might expect, the proportion of people who are inactive decreases as ID score reduces (see table overleaf). However, of those people who are active, those living in high ID scoring areas are no less likely to be active than those living in low ID scoring areas. Instead, as the table

illustrates, people living in medium ID scoring areas are significantly less likely to be active in transportation than people living in either two extremes.

ID Score and Transportation-related Physical Activity

	High	Medium	Low
<i>Base: All, except those answering DK/not stated</i>	(3978) %	(8969) %	(8058) %
Inactive	51	53	48
Nominally Active	19	19	20
Inactive	30* →	28	← 32*

Source: MORI

*represents a significant difference at the 95% confidence interval

There are also a number of other socio-demographic differences observed in the levels of transportation related physical activity:

- **Women** are significantly more likely than men to be active in transportation (31% versus 27%).
- Other groups which are also more active in terms of transportation related activity include; those aged 16-44 (32% versus 27% 45+), those from social class IV & V (33% versus 25% I & II), people without a disability (30% versus 25% with a disability) and those who describe their overall health as 'good' (31% versus 22% poor)
- Interestingly, smokers are more active than non-smokers (31% versus 29%).

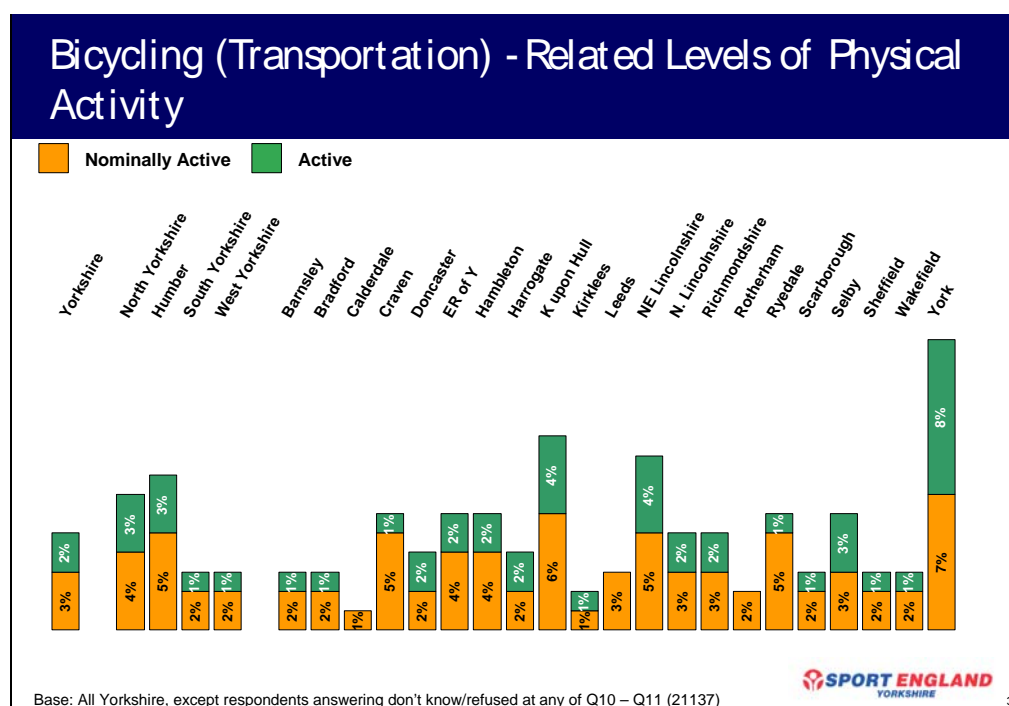
Unlike many other measures of physical activity, lower social status (social class IV & V) tends to be associated with being active in this domain.

Bicycling

2% of the regions population are active in cycling as a form of transportation-related physical activity.

At a sub-regional level, West Yorkshire is the least active in bicycling for transportation (1% active). In contrast, both North Yorkshire and the Humber are significantly more likely to have higher proportions of people who are either nominally active or active in this particular mode of transportation. Bicycling for transportation and how an area scores for deprivation follows the same pattern as that for overall transportation-related physical activity. Those people who live in medium ID scoring areas are more likely to be inactive in bicycling than those who live in the two extremes (high 95%, medium 97% and low 92% inactive).

Cycling as a form of transportation (i.e. non-leisure activity) is particularly popular in York with four times the average proportion of active cyclists than in any other local authority area (at 8% active). The two other areas which have above average levels are Kingston upon Hull and North East Lincolnshire (both 4%).



Whilst women are more likely than men to be active in overall transportation-related activity, **men** are more likely to be active in terms of cycling (2% versus 1% active and 4% versus 2% nominally active). **Younger people** also favour bicycling for transportation - those aged 16-44 are twice as likely to be active than those aged 45+ (2% versus 1%), with teenagers aged 16-19 being the most active group (4% are 'active' in bicycling). Those people categorised in **social classes IV & V** are more likely than any other social class and the baseline for Yorkshire to be active in bicycling (3%).

As is characteristic of many types of physical activity, people of black and minority ethnic (BME) origin, those with a disability and people who describe their health as poor, are more likely than average to be inactive in bicycling in transportation.

Motivating People to Participate

With fewer than two in five people living in Yorkshire (37%) have participated in at least 30 minutes of moderate intensity sport and active recreation at least three times a week, practitioners working in sport and physical activity will need to identify ways to raise participation.

Almost half of all people living in Yorkshire say that there are ways in which they could be encouraged to take-up or do more sport or physical activity (47%).

Those most likely to say that things could be done to encourage them, live in the North Yorkshire sub-region (49%). Whilst this is a positive result, the North Yorkshire sub-region already has a higher than average proportion of people who are active in leisure time. Identifying what factors may encourage people in other areas, which have below average levels of participation may be more of a priority. At a local authority area level, residents of Harrogate and Selby are significantly more likely than average to say that there are factors that would encourage them to take-up or do more sport or physical activity (52% and 51% versus 47%).

Whether or not people feel that there are things that can be done to encourage them to participate in more sport or physical activity is influenced by socio-demographics. **Women** (50%), **those aged 16-44** (58%) and **people of social classes I & II** (52%) are all significantly more likely than the average to say there are factors that would encourage them. Interestingly, people who do not currently fulfil the criteria for KPI 1 (at least 30 minutes of moderate intensity sport and active recreation at least three times a week, in leisure time) are *no more likely* than those who qualify for KPI 1 to say that there are factors that would encourage them to participate more in sport or physical activity.

Encouraging Participation

	All who satisfy KPI 1	All who do not satisfy KPI 1
<i>Base: All</i>	(7,635) %	(13,378) %
Yes , there are things that could be done to encourage me	46	47
No , there are no things that could be done to encourage me	54	53

Source: MORI

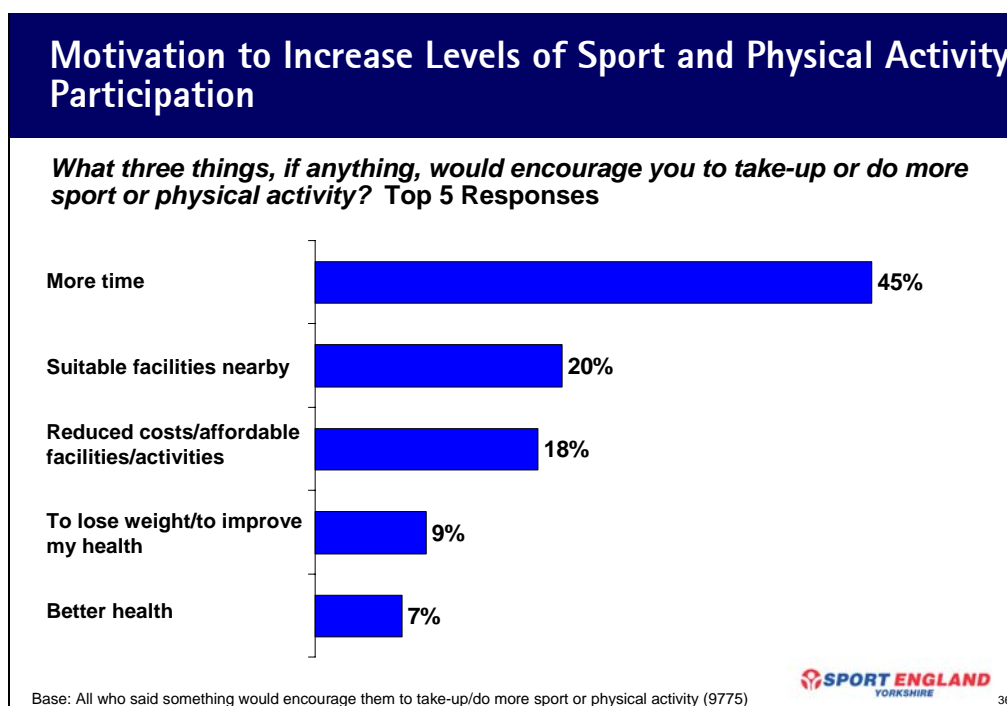
More Time

Having more time is the number one factor mentioned by 45% of all those who said that there are things that could be done to encourage them to participate more in sport and physical activity.

This is consistent across all four sub-regions. Residents of Hambleton (51%) are significantly more likely than people in Yorkshire as a whole to mention this factor.

People aged between 25-59 are more likely than any other age group to say that having more time would encourage them to participate more in sport or physical activity (52%). Equally, taking the Government's two age related target groups and those aged 16-44 are significantly more likely than those aged 45+ to cite the need for more time as a factor (49% versus 37%). Additionally, people of higher social classes I & II and III M & N are more likely to cite time as a factor, perhaps because they are more likely than people of social class IV & V to be involved in full-time employment (57% social class I & II full-time employment versus 43% social class IV & V full-time employment).

Around half of all people who are members of a club or who have participated in organised competition, or who have volunteered in sport, say that more time would encourage them to take-up or do more sport or physical activity.



Suitable Facilities Nearby

A fifth of those who say there are things that would encourage them to do more sport or physical activity mention the availability of ‘suitable facilities nearby’ (20%). This is particularly likely to be mentioned by people living in the North Yorkshire sub-region (23%), and those living in *less* deprived parts of Yorkshire i.e. those with low ID scores (also 23%). At a local authority area level, Richmondshire (30%), Ryedale (25%) and Scarborough (24%) all have significantly higher proportions of people mentioning that the presence of ‘suitable facilities nearby’ would encourage them to participate more in sport or physical activity.

There are very few socio-demographic differences, with men and women just as likely to cite this factor (19% and 20% respectively). Age however, does have an impact. Those residents aged 16-44 are significantly more likely than those aged 45+ to cite the location of facilities as a factor (22% versus 16%), although amongst the 16-44 age band, people aged 16-19 are most likely to mention this (38%).

People without a disability (20%), those in **good rather than poor health** (20% versus 17%) and people who are currently **dissatisfied with local sports provision** (37%) are more likely than other groups to say that they would be encouraged to do more if there were ‘suitable facilities nearby’.

Affordable Facilities/Activities

Eighteen percent of people also mention that ‘affordable facilities/activities’ would encourage them to participate more. This particular issue is more likely to concern people living in South Yorkshire than it is for people elsewhere in the region (22%). Pricing factors are not impacted by the extent of deprivation in a local area; there are no significant differences between the proportion of people who cite this factor and whether they live in a high, medium or low ID scoring local authority area.

The issue of affordable facilities is however a notable factor for people living in Sheffield. More than a quarter of people living in this area who can be encouraged to participate more, say that ‘affordable facilities/activities’ would encourage them (27%). This is a significantly higher proportion than in all other local authority areas except Doncaster (22%) and York (22%).

The availability of ‘affordable facilities/activities’ is more of an issue for **women** than it is for men; one in five women (21%) cite this factor compared to one in seven men (14%). Additionally, those aged **16-44** are significantly more likely than those aged 45+ to say cost of facilities and activities is an issue (22% versus 13%), with those aged 20-29 most likely to mention it (26%). The cost of local facilities and activities is also more likely to impact on people of **white ethnic origin** than it is on people from BME groups (19% versus 13%).

Dissatisfaction with local sports provision also impacts on the proportion of people that cite affordable facilities/activities. Almost of quarter of people who

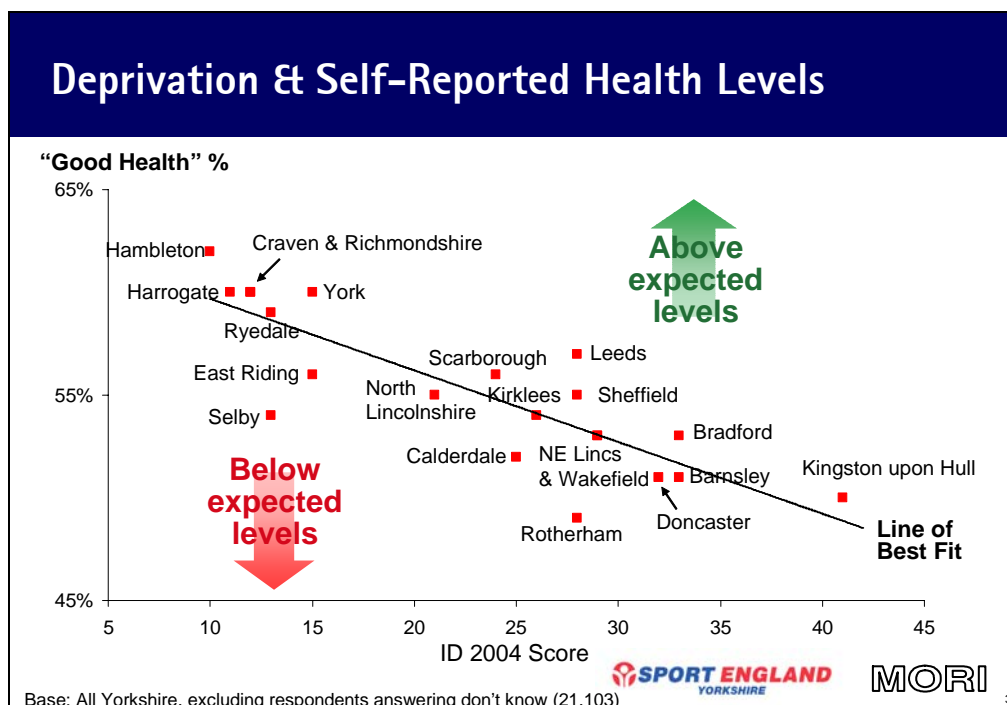
are dissatisfied say that ‘affordable facilities/activities’ would encourage them to take-up or do more sport or physical activity (23%) compared to 17% for those that are satisfied with local provision.

Health Related Factors

Although not as commonly referred to as those factors that have already been discussed, motivations/barriers relating to health and diet were mentioned by around one in ten people (to lose weight/to improve my health 9%). **Older people** aged 45+ are significantly more likely than those aged 16-44 to mention this as a motivating factor (11% versus 7%).

Seven per cent also cite ‘better health’, which again is more likely to be mentioned by people aged 45+ than those aged 16-44 (15% versus 3%). **People with a long term illness or disability** are also more likely than those without a disability to say that ‘better’ health’ would encourage them to participate in more sport of physical activity (25% versus 3%).

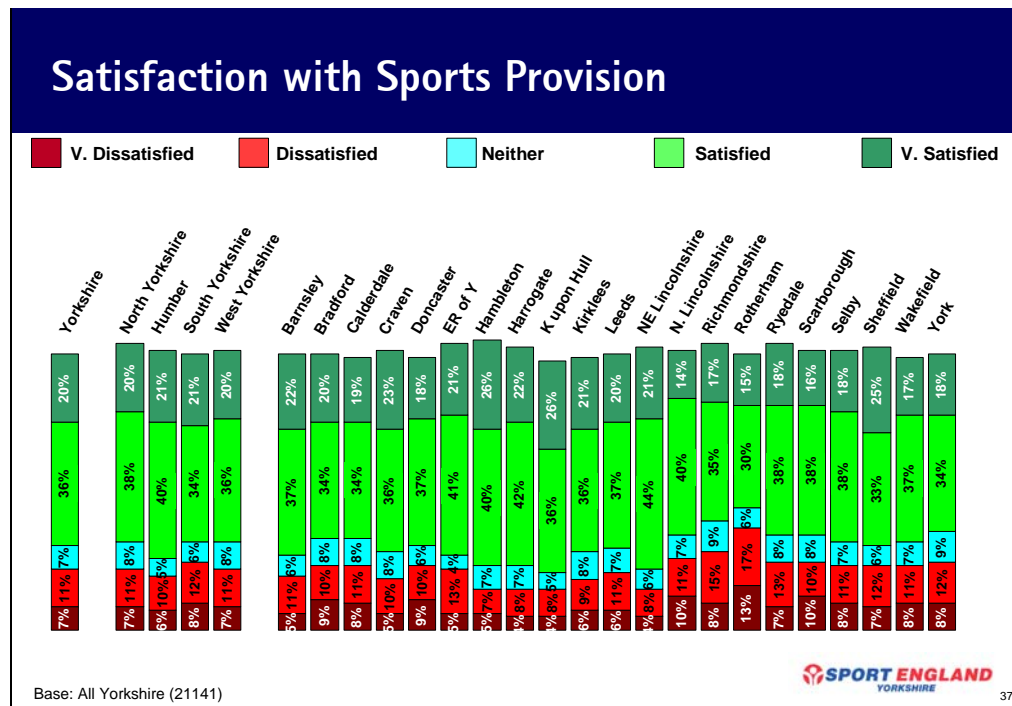
Finally, there is the link with deprivation, as the chart below illustrates there is correlation between people’s self-reported general health and the level of deprivation of the area in which they live i.e. the more deprived the area, the more likely people are to say that they are *not* in good health. Examples of areas where a higher proportion of people consider themselves to be in good health than might be expected based on the ID score for the local authority area include York and Leeds.



Satisfaction with Sports Provision

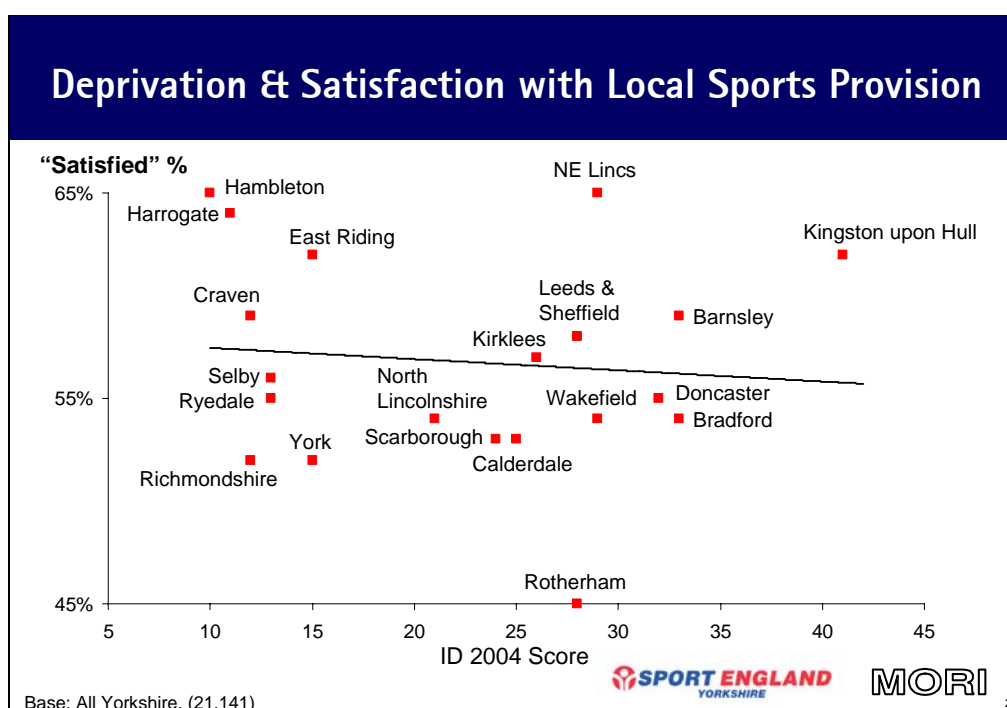
Three in five people living in Yorkshire are satisfied with their local sports provision (57%), of which one in five are 'very satisfied'. A further one in five (18%) are dissatisfied and 7% are undecided.

The Humber sub-region records the highest levels of satisfaction (61% vs 57% for Yorkshire). Hambleton (65%), North East Lincolnshire (65%), Harrogate (64%), East Riding of Yorkshire (62%) and Kingston upon Hull (62%) all have significantly higher than average proportions of people who are satisfied with local sports provision. Around a quarter of people in Hambleton and Kingston upon Hull are very satisfied (26%), as are 25% of people living in Sheffield. In contrast, residents of Richmondshire and Rotherham are least likely to be satisfied, with 23% and 30% dissatisfied respectively.



There is little, if any, correlation between how deprived a local authority area is and the satisfaction with sports provision in that area.

As is illustrated in the chart below, the highest levels of satisfaction with sports provision in the region include very different local authority areas, from the least deprived Hambleton (65% 'satisfied') and Harrogate (64%) to among the most deprived areas of North East Lincolnshire (65%) and Kingston upon Hull (62%). By far the lowest level of satisfaction with local provision was recorded in Rotherham where 45% of residents are satisfied with local provision and net satisfaction¹⁰ is 15% compared with an average for Yorkshire as a whole of 39%.



Men (58%), younger people aged 16-44 (60%), people of social classes I & II (60%), those of white ethnic origin (58%) and people without a disability (59%) are all slightly more likely than other groups to be satisfied with local sports provision. Interestingly, people aged 16-44 are also more likely than those aged 45+ to be dissatisfied with local provision (21% versus 15%). Consequently the net satisfaction score for these two age bands is almost identical. This is due to a quarter of people aged 45+ having no opinion on local sports provision (26%).

¹⁰ Net satisfaction is calculated by subtracting all those who are dissatisfied from all those who are satisfied. Net satisfaction represents the proportion of people who result from this calculation.

Whether or not people have been a member of a sport club, or have participated in organised competition, or volunteered for sport or received coaching in the last 12 months impacts on how they perceive local sports provision. Those people that have done one or more of the listed activities are significantly more likely than those people who have not done these activities to be satisfied with local sports provision.

Satisfaction with Local Sports Provision

	Satisfied	Dis-satisfied
	%	%
<i>Base: All respondents 21,141</i>		
Yes, has been a club Member	69*	18
No, haven't been a club member	52	18
Yes, have received Coaching	67*	20*
No, haven't received coaching	54	18
Yes, have participated in organised competition	67*	20
No, haven't participated in organised competition	55	18
Yes, have volunteered	65*	23*
No, haven't volunteered	56	17

Source: MORI

*represents a significant difference at the 95% confidence interval. The arrows indicate the significance difference is between these two sub-groups e.g. yes, have volunteered and satisfied and no, haven't volunteered but satisfied. .

Appendices

Appendix Contents

1. The Research Approach
2. Scoring Physical Activity
3. Sampling & Statistical Reliability
4. Data Analysis & Weighting
5. NS-SEC Conversion
6. Questionnaire

1. The Research Approach

As outlined in the main report, the method adopted for this study involved telephone interviews and a random stratified sampling approach.

Sampling using the Telephone Methodology

This research study has adopted a random stratified sampling approach, whereby, everyone in the sample, has an equal chance of being selected for an interview. Using the telephone, there are several ways in which the sample is managed to maximise the randomness and stratification.

Firstly, a random list of post codes covering the 21 Local Authorities in the Yorkshire region were generated by MORI's in-house sampling and statistics department. These post codes are used by MTS to source a RDD (Random Digit Dialling) sample, based on a **ratio of 4.7:1**.

Random Digit Dialling (RDD)

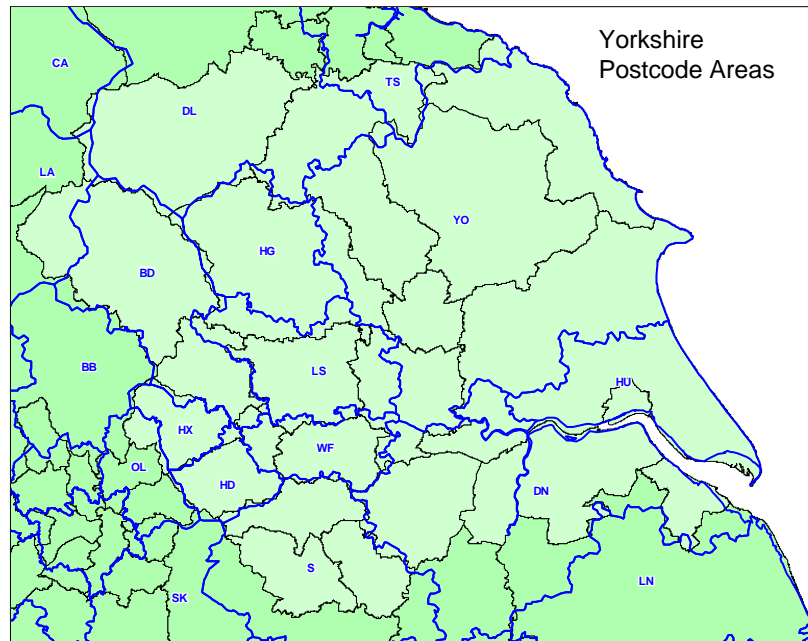
The sample of telephone numbers for this study was provided by UK Changes (UKC).

UK Changes select their initial samples from listed residential records to produce an original element sample, which is representative of the geographic area(s) under study. In addition, to provide representative samples for wide area selections they have also incorporated density data based on the number of households ("letterboxes" in fact). Therefore, when area/postcode specific samples are required, they take into account the various exchanges, which are covered and generate random numbers in the correct proportions for those various exchanges (e.g. if Bradford has 40% of its listed numbers from exchange 01926 88842, then random numbers with this prefix will make up 40% of the generated sample).

UK Changes original stem numbers are selected from their in-house UK subscriber database, which contains all residential non-ex-directory listings for all BT, Cable & Wireless and many cable company subscribers. This database is updated daily.

UK Changes map telephone numbers to postcodes as far as possible. This mapping is not based on individual addresses but has been developed to identify which ranges of numbers relate to which postcodes as it is this relationship which is important to establish if geographic sampling of numbers is required. BT telephone exchange boundaries do not coincide with those defined by Royal Mail as the former depends on the physical boundaries imposed by exchanges and how far a signal can be sent down a piece of wire. UK Changes claim that they have been able to overlay the two datasets (Postcode Address File boundaries and exchange boundaries) so that they can predict with some accuracy telephone stem numbers down to the "Half sector" level (e.g. CV31 3J out of CV31 3JT).

UK Changes also randomize the last 2 digits of appropriate listed numbers for the required area(s). They then screen to exclude “do not call” numbers (a list built up of individuals who have complained about being called to client users of UK Changes samples, plus some other legitimate exclusions, e.g. intelligence services, private hospital lines), known dead lines, TPS & FPS numbers, business numbers and fax numbers.



However, RDD does not overcome the problem of number portability and so in order to maximise the accuracy of the sample, another layer of screening has been incorporated into the questionnaire.

All respondents were asked to confirm their full post code, which when given was mapped against the database of eligible Yorkshire postcodes. Anyone, whose postcode did not match the sample, was automatically screened out of the survey. However, not everyone is able to recall their full postcode, and so, in these instances, respondents were asked to confirm which local authority they reside in. Providing they selected the local authority from which it is believed the telephone number is generated, that respondent was placed in the sample for the selected LA. One further and final tier of screening was applied for those respondents who couldn't tell us whether they lived in one of the 21 local authorities (very few people). These respondents were asked to confirm if they lived in Yorkshire. Those that said 'no' were screened out of the survey.

Respondent Selection¹¹

The RDD approaches have provided a sample frame that is representative of households in Yorkshire and the 21 local authorities in question. However, to ensure that every member of a household had an equal chance of being selected to take part in the survey, we had to randomly select one of them.

To do this, a method called ‘the next birthday rule’ was applied. This approach is simple to follow and involved selecting the household member who has the next birthday or most recently had a birthday. By applying this method of respondent selection, we have maximised the randomness of the sample. In addition, it also ensures that our respondents do not only consist of those people who typically answer the phone in a household, and increases the likelihood of interviewing younger member (aged 16+), who may normally only be contactable via their mobile phones. Ensuring that the interviewer has a complete list of all household members increases the likelihood of full random selection.

The rationale behind using this selection approach is borne from some extensive research into respondent selection (see Other Telephone Sampling Issues in the appendix). The conclusion from all of these experiments is that there are no significant differences in response rates or sample composition between the kish grid approach and the next birthday approach. However, the next birthday approach is probably preferable given its simplicity and clarity.

Foreign language Interviews

Non-English Speaking Respondents

In order to maximise the random sampling approach and to ensure that the survey is as inclusive as possible, the questionnaire was translated into several Asian languages - **Urdu**, **Punjabi** and **Gujarati**. These three languages are deemed to be the most commonly spoken in the Yorkshire region amongst non-English speaking residents.

Whilst the majority of the interviews were completed in English, a small proportion of eligible participants completed the survey using the translated version of the questionnaire. In order to conduct these interviews, a company called Language Line were recruited. If the respondent spoke one of the three translated languages (Urdu, Gujarati or Punjabi), then they were interviewed by an interpreter from Language Line. Upon establishing that the respondent can't complete the survey in English, the interviewers arranged for the respondent to be called back at a convenient time to be interviewed by a Language Line interpreter via a three-way conference call. To do this, the interviewer makes a call to Language Line and gets connected to an interpreter of the right language. The interpreter then makes the call to the respondent and when the call is answered, the interpreter speaks first, in the language of the respondent, and introduces the situation to the respondent. From then, it is a 3-way conference

¹¹ Tipping, S and Nicolaas, G (2001): Respondent Selection procedures for Telephone Surveys, Survey Methods Newsletter Volume 21 No. 1 2001

call hosted by Language Line. The interviewer keys in the responses translated by the interpreter as in any other telephone survey.

By using this service, this survey has captured a higher proportion of respondents from BME backgrounds than would have been possible using just an English version of the questionnaire. Interviews with BME origin respondents make up 2% of all interviews.

Number of Calls

Each telephone number in the sample was called up-to ten times in order to secure an interview. Clearly, many interviews were achieved in far fewer calls, but as a standard procedure, each number is given ten chances of being selected. After ten calls, a call outcome is assigned to the numbers, which could be one of the following: interview achieved, refusal, bad number, ineligible (e.g. out of the area). The number has been set at 10 on the assumption that the average survey will probably be at least 5 working days/shifts so that each lead will be called twice during a 4 hour shift (e.g. early and later in the evening).

During this study, if an interviewer could not get through to a respondent, then the number was called again after xx minutes if they were engaged or xx hours later if there was no reply. These time intervals were set based on the sample size of 21,000 and the 8-week fieldwork period that was available. Each time a call resulted in no interview, the interviewer recorded the reason why this was so. This may have included any of the following: engaged, no reply, contact busy so try again on Tuesday when he might have time, etc.

Given the need to maintain a healthy response rate, the extent to which sample has been recalled may be slightly higher than in other studies. Recalls using the same sample, increase the chance that on one of those ten occasions, the interviewer will successfully achieve an interview. This then gets counted towards a positive response rate. Unless classified as a refusal, any unsuccessful calls count negatively towards the response rate as it contributes towards used, but redundant sample.

All calls made during this study were rung no more than ten times and for each attempted call, the number was rung for 7 rings before stopping the call. To ensure this approach is maintained and is carried out consistently by the interviewing team, an autodialler will be used. The autodialler automatically dials the next telephone number and is programmed to let the phone ring for a pre-set number of rings before moving on to the next number. A “live” line will be called for at least 15 seconds before the dialler ceases and moves on to fresh sample. In addition, 10% of all calls have been monitored, which is double IQCS requirement.

In adherence with the MRS Code of Conduct for Data Collection, any respondent who has given a clear refusal to take part is no longer contacted as part of the study. Where a respondent has definitely stated that they do not want to take part, they have been counted as a hard refusal. Those respondents that

waver, may be classified as a soft refusal and can be recontacted. However, no attempt to coerce the person into taking part is made. Reasons for refusal, where given, have been recorded. For this study, a total of 25,445 potential respondents gave hard refusals, which accounts for 34% of the total sample used and 45% of the total sample with which an interview was achieved.

In addition, at the end of fieldwork, 11,723 people were recorded as soft refusals and may have been converted to successful interviews had the fieldwork period continued for longer.

Response Rates

All throughout the fieldwork period, we have reported on the adjusted response rate, that is, **the number of successful interviews as a proportion of the total sample used, minus hard and soft refusals**. In the UK research industry, there is no standardised procedure for calculating telephone survey response rates, hence one company's figures may well differ notably from another company's. In essence this means that what proportion of numbers one company includes in its overall sample of used numbers will differ from another company, which consequently results in different response rates. The more unsuccessful interviews (for whatever reason) that are discounted from the overall sample will in effect increase the response rate. However, the validity of doing so has to be questioned. For example, some companies exclude numbers that have not answered after 10 calls – we at MORI disagree with this approach, and as such have included these numbers in our response rate calculations, unless that is they are hard or soft refusals.

In our proposal, MORI projected that an adjusted response rate of 33% would be achieved based on the sample size of 21,000 and an 8-week fieldwork period. **At the end of fieldwork, the adjusted response rate was in fact 36%, some 3% above our prediction.**

There are a number of reasons why our adjusted response rate is a little higher than predicted and these are summarised below:

- The average interview length was sub 15-minutes, which helped to increase the likelihood of a respondent taking part, and also seeing the survey through to completion;
- Announcing that Sheffield Hallam University were the client at the start of the survey helped to get buy-in from respondents and will also have helped to validate and give credence to the survey, alongside the MORI name;
- The sample had a high level of eligibility (98%), therefore incidences of incorrect numbers and ineligibility due to geographical location were minimal and the sample used was more effective;

2. Scoring Physical Activity

IPAQ (International Physical Activity Questionnaire) is available in two formats; short-form and long-form, the latter being delivered via the telephone and the former via face-to-face or self-completion. The questionnaire consists of recurring time-related questions set out within key types of **physical activity domains**, including work, garden and home, transportation, leisure and sitting.

Each domain consists of a similar number and type of questions, asking respondents to recall the amount of time they spend on average doing at least **10 minute bouts of physical activity** e.g. at work for three different levels of intensity; walking intensity, moderate intensity and vigorous intensity. The time given in each domain is accumulated to give a score of physical activity for each type of activity e.g. work or in leisure. The underlying rationale for recording this information is that it allows a measure of how physically active people are within specific aspects of life, such as during their leisure-time, as well as providing an overall score or level of physical activity. It is this score that enables us to measure what proportion of people are physically active for at least 30 minutes five times a week (of moderate activity).

Scoring Levels of Physical Activity

Firstly, it is required that median MET-minutes for different intensity physical activity are calculated. This is done by multiplying a given MET value (for a particular domain e.g. work) by the number of minutes people say that they do a particular type of intensity activity, multiplied by the number of days. For example:

Walking intensity MET-minutes/week = 3.3* walking minutes * walking days

Moderate intensity MET-minutes/week = 4.0* moderate intensity activity minutes * moderate intensity days

Vigorous intensity MET-minutes/week = 8.0* vigorous intensity activity minutes* vigorous intensity days

To calculate the proportion of people who are inactive, minimally active and sufficiently active, these continuous MET scores need to be applied. For example, someone is considered to be minimally active if they spend 5 days or more of any combination of walking or moderate intensity activity or vigorous intensity activities achieving a minimum of at least 600 MET-minute/week.

So, for example, someone who says they take part in walking intensity activities at work for 30 minutes per day for 5 days would score $3.3*30*5 = 495$ walking MET-minutes/week. If they also say that they take part in moderate intensity activities at work for 20 minutes per day for 3 days, they would score $4.0*20*3 = 240$ moderate intensity MET-minutes/week. So, in total they would score 735

MET-minutes/week, classifying them as a minimally active person at work. This is not to say that they would be minimally active on other domains such as recreation, sport, exercise and leisure.

In addition, it is recognised that the MET value differ according to the domain. These are set out below:

Work Domain

Walking intensity MET-minutes/week = 3.3* walking minutes * walking days

Moderate intensity MET-minutes/week = 4.0* moderate intensity activity minutes * moderate intensity days

Vigorous intensity MET-minutes/week = 8.0* vigorous intensity activity minutes* vigorous intensity days

Transportation Domain

Walking intensity MET-minutes/week = 3.3* walking minutes * walking days

Cycling MET-minutes/week = 6.0* cycling intensity activity minutes * cycle days

Vigorous intensity MET-minutes/week = 8.0* vigorous intensity activity minutes* vigorous intensity days

Domestic and Garden Domain

Moderate intensity MET-minutes/week inside chores = 3.0* moderate intensity activity minutes * moderate intensity days doing inside chores

Moderate intensity MET-minutes/week yard chores = 4.0* moderate intensity activity minutes * moderate intensity days doing yard chores

Vigorous intensity MET-minutes/week yard chores = 5.5* vigorous intensity activity minutes* vigorous intensity days doing yard work

Leisure-Time Domain

Walking intensity MET-minutes/week = 3.3* walking minutes * walking days

Moderate intensity MET-minutes/week = 4.0* moderate intensity activity minutes * moderate intensity days

Vigorous intensity MET-minutes/week = 8.0* vigorous intensity activity minutes* vigorous intensity days

Sitting Domain

Sitting MET-minutes/week = 1.0* weekday minutes* 5 days + 1.0 weekend day minutes* 2 weekend days

As has been illustrated, using these scores, it is possible to calculate the level of physical activity according to a particular domain. However, it is also possible to calculate a level of physical activity for a combination of domains e.g. 'walking, moderate and vigorous intensity scores'. These are calculated by adding the MET-minutes from different intensities and different domains:

Walking, moderate and vigorous intensity scores

Total walking MET-minutes/week = Walking MET-minutes/week (work+ transportation + leisure)

Total moderate intensity MET-minutes/week = Cycling MET-minutes/week for transportation + Moderate intensity MET-minutes/week (work + yard chores + inside chores + leisure)

Total vigorous intensity MET-minutes/week = Vigorous MET-minutes/week (work + leisure)

In addition, using this scoring methodology, it is possible to calculate total physical activity scores and then to use this to classify people into one of the three overall levels of physical activity¹². In all cases of scoring, the sitting MET-minute score is treated as an independent indicator and is not used to calculate a summary score for physical activity.

¹² Inactive: Undertakes less than 1 day of at least 30 minutes of moderate intensity physical activity or walking.

Nominally active: Undertakes 1-4 days of at least 30 minutes of moderate intensity physical activity or walking.

Active: Undertakes 5 or more days of at least 30 minutes of moderate intensity physical activity or walking.

3. Sampling & Statistical Reliability

A total of 21,000 interviews were needed to complete the study, with 1,000 interviews per local authority. At the end of fieldwork a total of 21,149 interviews were achieved, with all local authorities achieving at least 1,000 interviews. The size of the sample is particularly important for assessing levels of statistical reliability. Year on year, it has been stated that a change of 4 percentage points will need to be recorded or detected. In order to ensure this, the sample size needs to be high enough to detect smaller changes between two percentages or figures. The table below sets out the extent to which results can vary before a significant difference is detected.

Confidence Limits

Because a sample, rather than the entire population will be interviewed, the percentage results are subject to sampling tolerances – which vary with the size of the sample and the percentage figure concerned. For example, for a question where 50% of the people in a (weighted) sample of 1,000 respond with a particular answer, the chances are 95 in 100 that this result would not vary more than 2.8 percentage points, plus or minus, from the result that would have been obtained from a census of the entire population (using the same procedures). The tolerances that apply in this survey are given in the table below.

Approximate sampling tolerances applicable to percentages at or near these levels (at the 95% confidence level)			
	10% or 90% ±	30% or 70% ±	50% ±
21,149 (Yorkshire)	0.4	0.6	0.7
1,000 (Local authorities)	1.9	2.8	3.1
507 (BMEs)	2.6	4.0	4.4

Source: MORI

Tolerances are also involved when we compare results between different two different samples – which will be important in assessing year on year change. A difference must be of at least a certain size to be statistically significant. The following table sets out some examples of the sampling tolerances applicable to comparisons between sub-groups in this study.

Differences required for significance at the 95% confidence level at or near these percentages			
	10% or 90% ±	30% or 70% ±	50% ±
21,149 vs 21,149	0.6	0.9	0.9
1,000 vs 1,041	2.6	4.0	4.3

Source: MORI

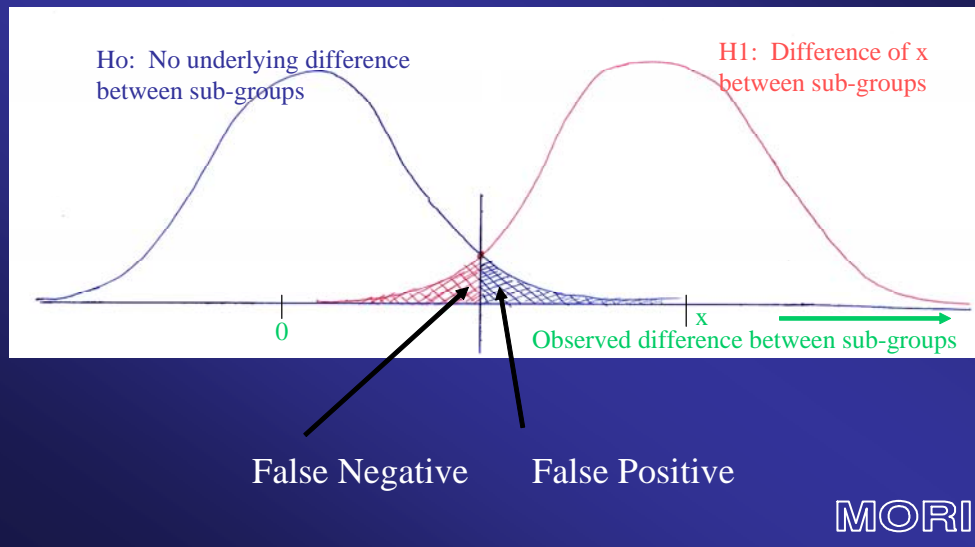
As is clear from these figures, we would be more confident in detecting a change in participation rates if the rates themselves are relatively low – which they tend to be.

Statistical Power

However, when analyzing the results of this survey, we also need to consider the effect of statistical power and the impact it can have on the interpretation and identification of significant results. Not only do we want to avoid identifying ‘false positives’ i.e. a significant difference, which in fact doesn’t exist, we also want to avoid missing ‘false negatives’ i.e. missing a significant difference. Commonly, when measuring whether or not a result is statistically significant, we look to the 95% confidence interval, whereby we can detect whether or not a result is statistically significant in 95 out of 100 cases. However, sometimes, a result can be statically significant, but this does not present itself in a 95 in 100 case scenario. Rather it is identifiable only we expand the confidence interval to lower levels of power, such as 80%, whereby a result can be significant in every 80 out of 100 cases.

The diagram below illustrates that as the results get closer to the point where the normative curves overlap, the potential for ‘false positives’ and ‘false negatives’ increases. This only occurs when a result is less than the required observed difference between two results that would make the difference statistically significant. The relevance of this to the Yorkshire Participation Survey results is that by reducing the POWER, it may be more probably to detect a 4-percentage point change year on year.

Power of Tests



As indicated in the table below, based on our survey sample of 1,000 in each local authority, we would have a 95% chance of detecting the difference as significant if the true difference between the sub-groups is 3.4% points. If this difference were only 2.7%, then our chances of detecting this as significant would fall to 80%.

Power calculations – chances of detecting a true difference				
	<i>Power</i>	10% or 90% ±	30% or 70% ±	50% ±
1,000	95%	3.4	5.2	5.7
1,000	90%	3.1	4.7	5.1
1,000	80%	2.7	4.1	4.4

Source: MORI

4. Data Analysis & Weighting

Cleaning the Data

In order to maximise the quality of the data and to ensure it is as reliable as possible, there are several processes which have been applied to the data prior to analysis.

1. All references to time are converted from hours and minutes to minutes;
2. All time is converted to MET-minutes
3. For time variables, where time is left blank, or a don't know or refused response is given these cases are removed from the analysis.
4. In cases where minutes may have been accidentally recorded in the hours column, values of 15, 30, 45, 60 and 90 are converted to 15, 30, 45, 60 and 90 minutes in the minutes column
5. In cases where minutes may have been accidentally recorded in the hours column, values of 15, 30, 45, 60 and 90 are converted to 15, 30, 45, 60 and 90 minutes in the minutes column
6. When a time variable is given as 3 hours or more (180 minutes or more), it is recoded to 180 minutes
7. When calculating summary scores, only values of 10 minutes or more of activity are included. Responses of less than 10 minutes are recoded as zero, as activity of less than 10 minutes in duration are not deemed sufficient to achieve health benefits.

Scoring Levels of Physical Activity

According to the 'Guidelines for Data Processing and Analysis of the International Physical Activity Questionnaire (IPAQ), respondents to this survey have been classified according to their level of physical activity.

Data collected through the IPAQ questionnaire allow for the collation of categorical and continuous indicators of physical activity. Categories are be classified as the level of physical activity e.g. **inactive, minimally active and sufficient active**. Continuous indicators are classified as the level of intensity of the activity e.g. **walking, moderate intensity activities and vigorous intensity activities**. These indicators are then applied to specific life domains, such as the physical activity undertaken to travel to and from work, or the physical activity undertaken solely for recreation, sport, exercise or leisure.

Following extensive consultation with the IPAQ working group, the decision has been taken to amend the classification of levels of physical activity. Instead,

people are now classified as one of the following: **Inactive, nominally active or Active**. Using all these categories, this report sets out the proportion of people who are inactive, nominally active and active for key domains, as well as their level of physical activity in sport and leisure.

Inactive: Undertakes less than 1 day of at least 30 minutes of moderate intensity physical activity or walking.

Nominally active: Undertakes 1-4 days of at least 30 minutes of moderate intensity physical activity or walking.

Active: Undertakes 5 or more days of at least 30 minutes of moderate intensity physical activity or walking.

Key Performance Indicators

This report also sets out the results for the six key performance indicators, of which, three are directly related to the level of physical activity undertaken by people living in Yorkshire. These KPIs will provide essential baseline measures from which future results can be assessed.

Key Performance Indicators

KPI 1: The percentage of the adult population participating in at least 30 minutes of sport and active recreation in leisure-time (including walking and cycling) of moderate intensity on at least 3 occasions a week.

KPI 2: The percentage of the adult population who have been a member of a club, particularly so that they can take part in sport or leisure-time physical activity.

KPI 3: The percentage of the adult population who have in the past 12 months, received tuition from an instructor or coach to improve their performance in any sport or leisure-time physical activity that they have taken part in.

KPI 4: The percentage of the adult population who have taken part in organised competition in the past 12 months.

KPI 5: The percentage of the adult population who have volunteered for sport or leisure-time physical activity for at least one hour per week in the last 12 months.

For people to qualify for KPI 1, they must have undertaken leisure-related physical activity for at least 3 days of at least 30 minutes. This is calculated by taking all occasions where a respondent gave a time of at least 30 minutes for walking intensity, moderate intensity and vigorous intensity sport or leisure physical activity. The chart overleaf sets out an example of how a respondent's time can qualify or disqualify them from KPI 1.

Appendix 2: Calculating KPI 1 – Example Respondent

Stage 1: All time and days given for leisure domain & all intensities

- 0 days vigorous intensity
- 2 days moderate intensity @ 30mins per day
- 3 days walking intensity @ 20mins per day

Stage 2: Any time given that are less than 30 minutes (bouts) are excluded

- 0 days vigorous intensity X
- 2 days moderate intensity @ 30mins per day
- 3 days walking intensity @ 20mins per day X

Stage 3: Remaining time and days are eligible for KPI calculation

- 2 days moderate intensity @ 30mins per day

Total Time & Days Used in KPI 1
2 days & 60 minutes

Commentary
This particular respondent would **NOT** count towards KPI 1 because they haven't completed at least 30 minutes of sport & active recreation at least 3 times a week.



Weighting the Data

Upon completion of the fieldwork, it became apparent that, as expected, some sub groups are under-represented (males, young people and people of BME origin). In order to iron out this under-representation, we recommend that the data is weighted according to age, gender and ethnicity. Even though a random stratified sampling methodology is the purest form of sampling, it does not guarantee that the final sample will be fully representative of the population from which it has been drawn. Previous studies that use a random sampling approach have shown that males and young people aged 16-24 are more likely to be under-represented.

Factors that Bias the Sample

1. Landline telephone penetration tends to be lower in deprived areas, low income areas and large urban areas. Statistics show that in Yorkshire, those LAs with higher proportions of people from BME origins also tend to be ranked higher in the IMD. This would suggest that in these areas, reaching BME groups is harder compared to areas where landline penetration is higher.
2. The BME population in Yorkshire is largely made up of Asian families. Asian families tend to live in large family units within one household, therefore giving this group a lower probability of being selected compared to the general population.
3. Around 7% of the general population live in mobile only households. Whilst this is considered a minor issue for the population as a whole, it does mean that young people, who are more prone to living in mobile only households, tend to be less well represented.

4. Whilst interviewing was spread out across each day of the week, it was at times, more intense during the week, rather than the weekend. Whilst the profile of the sample was more balanced at the weekends, in order to meet the target of 21,000 interviews in a fairly condensed fieldwork period, a higher proportion of interviews were conducted on weekdays. This can have an impact on the proportion of males, as typically, more males than women are employed and absent from the house on a full-time basis.
5. In addition, although calls were made throughout the evening, some people can be reluctant to take part if they have just returned from a day's work.
6. Whilst the adjusted response rate was fairly healthy, had it been higher, it is likely that the under-representation of these sub-groups would have been slightly less notable. At the point of fieldwork closure, there was still a large proportion of soft refusals, of which, a number would have been males, young people and people of BME origin.

Weighting & the Consequences

It is necessary for us to weight the data for age, gender and ethnicity, as without applying this process, the results appear, less representative of these three sub-groups. Weighting the data helps to adjust the balance of the sample to account for non-response and in effect reduces sampling bias. However, on the downside, applying weights does impact on the effective sample size, which, if too significant will make it difficult to detect a 4% change year on year.

A process of examining the data and comparing it to Census data identified that corrective weighting is required for this study. The data from this survey indicated that young people aged 16-24, males and respondents of BME origin are under-represented. Consequently, the data has been weighted according to the actual population profile of each local authority using data from the 2001 Census. Population weights for gender and age have been applied to each local authority, but weighting for ethnicity has only been applied to Bradford, Calderdale, Kirklees, Leeds and Sheffield, as these areas have much higher BME representation. In addition, each local authority has been weighted according to the size of its real population.

Actual Sample Profile

	Barnsley	Bradford	Calderdale	Craven	Doncaster	E Riding	Hambleton
	%	%	%	%	%	%	%
Male	36.9	38.8	39.0	37.5	38.7	39.7	41.1
Female	63.1	61.2	61.0	62.5	61.3	60.3	58.9
16-24	6.5	9.2	5.3	4.6	6.3	6.0	4.9
25-34	14.4	17.3	11.5	11.4	12.4	10.2	11.0
35-44	20.5	20.2	23.2	21.0	21.1	19.5	21.8
45-54	18.3	16.8	19.0	19.2	16.7	18.9	18.4
55-64	21.1	15.3	19.4	19.3	18.9	20.6	19.1
65+	19.0	20.5	20.8	23.9	24.1	24.5	24.2
White	99.3	88.2	96.8	99.2	98.0	98.6	99.0
BME	0.5	11.5	2.8	0.6	1.6	0.6	0.4
	Harrogate	Kingston	Kirklees	Leeds	NE Lincs	N Lincs	Richmond
	%	%	%	%	%	%	%
Male	39.0	42.2	38.7	43.0	40.4	41.7	39.8
Female	61.0	57.8	61.3	57.0	59.5	58.3	60.2
16-24	5.7	9.4	7.4	6.6	10.0	6.7	6.6
25-34	13.7	14.7	17.7	18.1	13.9	15.3	14.1
35-44	21.6	20.5	19.4	20.8	21.0	19.8	20.9
45-54	17.3	20.6	18.4	15.3	17.0	19.2	19.4
55-64	15.9	14.5	17.0	17.8	18.5	20.7	18.3
65+	24.9	19.9	18.8	20.9	19.1	17.8	20.1
White	97.5	97.7	92.0	93.9	98.4	98.7	98.7
BME	2.2	2.0	7.6	5.5	1.3	1.1	1.1
	Rotherham	Ryedale	Scarborough	Selby	Sheffield	Wakefield	York
	%	%	%	%	%	%	%
Male	40.1	40.5	38.5	39.8	40.8	40.2	42.8
Female	59.9	59.4	61.5	60.2	59.2	59.8	57.2
16-24	5.7	3.0	5.6	6.0	7.7	4.6	8.4
25-34	15.9	9.5	10.1	13.0	13.2	15.9	14.6
35-44	20.2	21.2	16.4	23.0	19.3	19.9	20.0
45-54	18.5	19.7	18.1	21.0	17.5	19.1	16.2
55-64	18.7	20.7	22.1	18.7	19.8	18.6	19.1
65+	21.0	24.6	26.9	18.0	21.5	21.6	21.2
White	97.9	99.1	98.7	98.6	95.0	98.0	98.1
BME	1.9	0.5	0.8	0.8	4.3	1.7	1.7

Weights Applied

	Barnsley	Bradford	Calderdale	Craven	Doncaster	E Riding	Hambleton
	Weight	Weight	Weight	Weight	Weight	Weight	Weight
	%	%	%	%	%	%	%
Male	48.02	47.40	47.57	47.56	48.28	48.14	48.80
Female	51.98	52.60	52.43	52.44	51.72	51.86	51.20
16-24	12.16	16.27	12.01	10.13	12.82	11.20	10.35
25-34	17.54	17.98	17.37	13.22	16.49	14.16	14.06
35-54	35.84	34.85	37.34	36.20	36.19	36.53	38.00
55-64	14.14	12.01	13.47	15.50	13.82	15.44	15.97
65+	20.32	18.88	19.81	24.95	20.69	22.67	21.62
White		78.27	93.02				
BME		21.73	6.98				
	Harrogate	Kingston	Kirklees	Leeds	NE Lincs	N Lincs	Richmond
	Weight	Weight	Weight	Weight	Weight	Weight	Weight
	%	%	%	%	%	%	%
Male	47.76	48.26	47.93	47.64	47.82	48.34	51.47
Female	52.24	51.74	52.07	52.36	52.18	51.66	48.53
16-24	11.87	16.27	14.36	17.05	12.80	11.83	15.50
25-34	15.72	18.46	18.16	18.48	16.63	15.75	17.84
35-54	36.65	34.01	35.81	33.16	35.63	36.77	33.87
55-64	14.18	11.71	13.00	12.17	13.72	14.56	13.86
65+	21.57	19.56	18.66	19.14	21.21	21.08	18.93
White			85.61	91.85			
BME			14.39	8.15			
	Rotherham	Ryedale	Scarborough	Selby	Sheffield	Wakefield	York
	Weight	Weight	Weight	Weight	Weight	Weight	Weight
	%	%	%	%	%	%	%
Male	47.98	48.76	46.54	48.58	48.25	48.05	47.58
Female	52.05	51.24	53.46	51.42	51.75	51.95	52.42
16-24	12.61	9.70	10.96	11.10	16.54	12.54	16.16
25-34	17.08	13.24	13.15	16.31	17.84	17.89	17.38
35-54	36.30	35.52	34.11	39.82	32.51	36.49	33.37
55-64	14.28	16.46	15.60	14.16	12.87	13.65	12.63
65+	19.73	25.08	26.19	18.62	20.24	19.42	20.47
White					91.23		
BME					8.77		

Weighting Local Authorities: Population

	Actual Population	Weight Applied
Kingston upon Hull	243,620	4.9%
East Riding	314,092	6.3%
North East Lincs	157,958	3.2%
North Lincs	152,831	3.1%
York	181,097	3.6%
Barnsley	218,072	4.4%
Doncaster	286,874	5.8%
Rotherham	248,195	5.0%
Sheffield	513,230	10.3%
Bradford	467,680	9.4%
Calderdale	192,376	3.9%
Kirklees	388,584	7.8%
Leeds	715,414	14.4%
Wakefield	315,164	6.3%
Craven	53,579	1.1%
Hambleton	84,105	1.7%
Harrogate	151,373	3.0%
Richmondshire	47,049	0.9%
Ryedale	50,900	1.0%
Scarborough	106,241	2.1%
Selby	76,478	1.5%
Total	4,964,912	100%

Source: MORI

5. NS-SEC Conversion

The National Statistics Socio-economic Classification (NS-SEC) replaces the former social class system of grading people according to their working status. The new system looks more widely at the role of an employee and the operational environment in which they work.

There are three methods of deriving NS-SEC and this particular study has adopted the reduced method, whereby the SOC2000 unit group, and employment status are used to classify people firstly into one of seventeen NS-SEC operational categories and then into one of eight analytic classes.

Firstly, a series of questions need to be asked of each respondent. Depending on their answer to the first question affects whether or not they are asked NS-SEC specific questions (please refer to questionnaire in appendix).

Taking the responses given for each question relating to employment (see appendix), a four step system is applied to derive the NS-SEC operational categories and analytic classes.

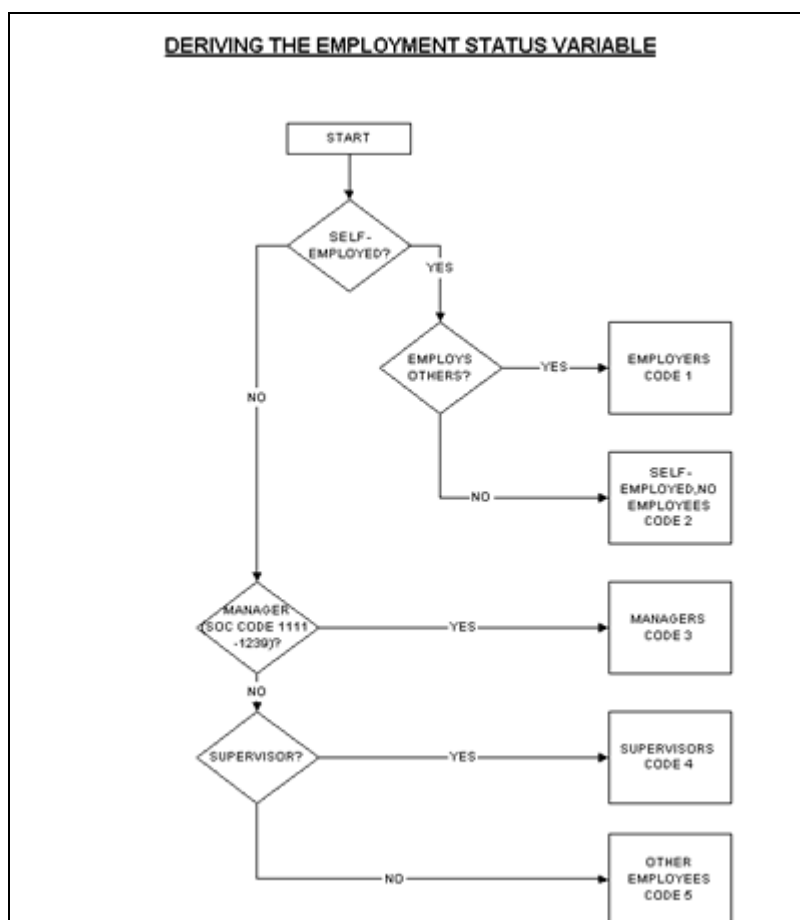
There are four key steps to deriving the NS-SEC using the reduced method:

1. Code occupation to the Standard Occupational Classification 2000 four digit unit group
2. Follow procedures where the answers to questions on employment status are missing.
3. Derive the employment status variable.
4. With both SOC unit group code and employment status code, use the Reduced Derivation table to assign an operational category or an analytic class of the NS-SEC.

The employment status variable is derived from the series of NS-SEC questions and people are coded as one of five variables.

1. Employers
2. Self-employed, no employees
3. Managers
4. Supervisors
5. Other employees

The diagram below illustrates this series of questions.



Using the SOC2000 unit group code and the employment status variable, each respondent is classified into an NS-SEC operational category. This is done by referring to the derivation tables for operational categories in Appendix C1 in the NS-SEC user manual. The same process is applied in order to derive the NS-SEC analytic classes. The derivation tables for analytical classes can be found in Appendix C2 in the NS-SEC user manual, which is stored at www.national.gov.uk/methods_quality/ns-sec

In addition to these two tiers of social grading, the NS-SEC operational categories can be aggregated to produce six grades of social class; I, II, III M, III N, IV and V. These classes are derived using occupation and approximated socio-economic group. The table overleaf illustrates the how the operational categories lend themselves to these social classes.

Social Class		NS-SEC Operational Categories
I	Professional, etc. occupations	3.1, 3.3
II	Managerial and Technical occupations	1, 2, 3.2, 3.4, 4.1, 4.3, 5, 7.3, 8.1, 8.2, 9.2
III N	Skilled occupations - non-manual	4.2, 4.4, 6, 7.1, 7.2, 12.1, 12.6
III M	Skilled occupations - manual	7.4, 9.1, 10, 11.1, 12.3, 13.3
IV	Partly skilled occupations	11.2, 12.2, 12.4, 12.5, 12.7, 13.1, 13.2, 13.5
V	Unskilled occupations	13.4

Source: MORI

6. Questionnaire

Participation in Sport & Physical Activity in Yorkshire

(FINAL 25/11/04)

Long Last 7 Days Telephone IPAQ

Introduction: Good morning/afternoon/evening, my name is from MORI, the research organisation, and we are carrying out a survey among local people about your work and leisure/free time. The research is extremely important as it will help shape the development of local health and leisure services.

The interview will take about 15 minutes. I would like to assure you that all the information we collect will be kept in the strictest confidence, and used for research purposes only. It will not be possible to identify any particular individual or address in the results.

SCREENER QUESTIONS

SQ1 Can I just ask, what is your full post code? Interviewer: insert post code.

IF DON'T KNOW OR REFUSED POST CODE ASK SQ2.

SQ2 In which Local Authority do you live? Interviewer: insert Local Authority.

IF DON'T KNOW OR REFUSED LOCAL AUTHORITY, PROMPT WITH LIST.

IF STILL DON'T KNOW OR REFUSED, ASK SQ3.

SQ3. Do you live in Yorkshire?

Yes

No THANK & CLOSE INTERVIEW

INTERVIEWERS: Once you have ascertained that the household is eligible for an interview (from the screener questions), please apply the next birthday rule to select the appropriate person within the household that you should interview.

SELECTION OF RESPONDENT AT RANDOM USING 'NEXT BIRTHDAY' RULE

NB1. To check who I should be speaking to, I need to ask a few questions. To make sure we interview a representative sample of people, I need to speak to the **ADULT** in your household who is aged 16 or over and who will have the next birthday. Is that yourself or is it someone else?

IF SOMEONE ELSE, PROBE FOR NAME

NOTE RESPONDENT MUST BE AGED 16+

Respondent is aged 16 or over and will have the next birthday (PROCEED TO MAIN INTERVIEW)

Other person in the household is aged 16 or over and will have the next birthday (PROBE FOR NAME)

Refused (THANK AND CLOSE – coded as refusal)

IF OTHER PERSON HAS NEXT BIRTHDAY AT NB1, GO TO NB2.

NB2. May I speak to [the adult in your household who will have his or her birthday next]?

USE THEIR NAME IF YOU KNOW IT

Yes, available – CODE HERE WHEN SPEAKING TO THEM

No – not available

Proxy refusal **THANK AND CLOSE**

IF NO NOT AVAILABLE AT NB2:

INTERVIEWER: TAKE NAME OF OTHER SELECTED PERSON

SUSPEND HERE AND MAKE APPOINTMENT – RECORD NEW NAME IN CALL RECORD COMMENTS

CODE BELOW WHEN SPEAKING TO THIS PERSON

I am going to ask you about the time you spent being physically active in the last 7 days. Please answer each question even if you do not consider yourself to be an active person. Think about the activities you do at work, as part of your house, to get from place to place, and in your spare time for recreation, exercise or sport.

When answering each of the following questions, please only think about the last 7 days prior to this interview that is, since [insert day] last week

PART 1: JOB-RELATED PHYSICAL ACTIVITY

The first questions are about your work. This includes paid jobs, farming, volunteer work, course work and any other unpaid work that you did outside your home. Do not include unpaid work you might do around your home, like housework, general maintenance, and caring for your family. I will ask you about these later.

1. **Do you currently have a job or do any unpaid work outside your home?**
[WORK; Yes=1, No=0; 8, 9]
_____ Yes (Go to Q2)
_____ No [*Skip to PART 2*]
8. Don't Know/Not Sure [*Skip to PART 2*]
9. Refused [*Skip to PART 2*]

[Interviewer clarification: This also includes coursework related to studying at College or University. It also includes volunteer work and time spent looking for work. It does not include unpaid housework, nor caring for dependents, this will be asked in a later section.]

The following questions are about all the physical activity you did as part of your paid or unpaid work. THIS DOES NOT INCLUDE TRAVELLING TO AND FROM WORK.

First, think about all the *VIGOROUS* activities which take *hard PHYSICAL effort* that you did as part of your work. Vigorous activities make you breathe much harder than normal. These may include things like heavy lifting, digging, heavy construction work, or climbing up stairs. **THINK ABOUT ONLY THOSE VIGOROUS PHYSICAL ACTIVITIES THAT YOU DID FOR AT LEAST 10 MINUTES AT A TIME.**

ASK ALL WHO SAID 'YES' AT Q1. OTHERS GO TO SECTION 2.

2. **During the last 7 days, on how many days did you do vigorous physical activities as part of your work? [OVDAY; Range 0-7, 8, 9]**
_____ Days per week [*If respondent answers 0, skip to Question 4*]
8. Don't Know/Not Sure [*Skip to Question 4*]
9. Refused [*Skip to Question 4*]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer clarification: Work includes paid and unpaid work as well as course work. Include all jobs and volunteer work.]

ASK ALL WHO SAID AT LEAST 1 DAY AT Q2. OTHERS GO TO Q4.

3. **How much time did you usually spend on one of those days doing vigorous physical activities as part of your work?**

___ ___ Hours per day [OVDHRS; Range 0-16]

___ ___ ___ Minutes per day [OVDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Think about only those physical activities you did for at least 10 minutes at a time.]

IF UNABLE TO GIVE TIME PER DAY, ASK ABOUT TIME PER WEEK.

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, or includes time spent doing a variety of paid and unpaid work, ask: "What is the total amount of time you spent over the last 7 days doing vigorous physical activities as part of your work?"]

[Interviewer clarification: Think about only those physical activities you did for at least 10 minutes at a time.]

___ ___ Hours per week [OVWHRS; Range 0-112]

___ ___ ___ ___ Minutes per week [OVWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

Now think about activities which take *MODERATE* physical effort that you did as part of you work. Moderate physical activities make you breathe somewhat harder than normal and may include activities like carrying light loads. Do not include walking. **AGAIN, THINK ABOUT ONLY THOSE MODERATE PHYSICAL ACTIVITIES THAT YOU DID FOR AT LEAST 10 MINUTES AT A TIME.**

ASK ALL WHO SAID 'YES' AT Q1. OTHERS GO TO SECTION 2.

4. **During the last 7 days, on how many days did you do moderate physical activities as part of your work?** [OMDAY; Range 0-7, 8, 9]
 _____ Days per week [If respondent answers 0, skip to Question 6]
 8. Don't Know/Not Sure [Skip to Question 6]
 9. Refused [Skip to Question 6]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer clarification: Work includes paid and unpaid work as well as course work. Include all jobs.]

ASK ALL WHO SAID AT LEAST 1 DAY AT Q4. OTHERS GO TO Q6.

5. **How much time did you usually spend on one of those days doing moderate physical activities as part of your work?**
 _____ Hours per day [OMDHRS; Range 0-16]
 _____ Minutes per day [OMDMIN; Range 0-960, 998, 999]
 998. Don't Know/Not Sure
 999. Refused

[Interviewer clarification: Think about only those physical activities you did for at least 10 minutes at a time.]

IF UNABLE TO GIVE TIME PER DAY, ASK ABOUT TIME PER WEEK.

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, or includes time spent doing a variety of paid and unpaid work, ask: "What is the total amount of time you spent over the last 7 days doing moderate physical activities as part of your work?"

[Interviewer clarification: Think about only those physical activities you did for at least 10 minutes at a time.]

- _____ Hours per week [OMWHRS; Range 0-112]
 _____ Minutes per week [OMWMIN; Range 0-6720, 9998, 9999]
 9998. Don't Know/Not Sure
 9999. Refused

Now think about the time you spend *WALKING* for at least 10 minutes at a time as part of your work. PLEASE DO NOT COUNT ANY WALKING YOU DID TO TRAVEL TO OR FROM WORK.

ASK ALL WHO SAID ‘YES’ AT Q1. OTHERS GO TO SECTION 2

6. **During the last 7 days, on how many days did you walk as part of your work?**

[OWDAY; Range 0-7, 8, 9]

_____ Days per week [*If respondent answers 0, skip to PART 2*]

8. Don’t Know/Not Sure [*Skip to PART 2*]

9. Refused [*Skip to PART 2*]

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

[Interviewer clarification: Include all jobs.]

ALL WHO SAID AT LEAST 1 DAY AT Q6. OTHERS GO TO SECTION 2.

7. **How much time did you usually spend on one of those days walking as part of your work?**

___ ___ Hours per day [OWDHRS; Range 0-16]

___ ___ ___ Minutes per day [OWDMIN; Range 0-960, 998, 999]

998. Don’t Know/Not Sure

999. Refused

[Interviewer clarification: Think about only the walking you did for at least 10 minutes at a time.]

IF UNABLE TO GIVE TIME PER DAY, ASK ABOUT TIME PER WEEK.

[Interviewer probe: An average time per day is being sought. If the respondent can’t answer because the pattern of time spent varies widely from day to day, or includes time spent doing a variety of paid and unpaid work, ask: “What is the total amount of time you spent walking over the last 7 days as part of your work?”]

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

- ___ ___ Hours per week [OWWHRS; Range 0-112]
___ ___ ___ ___ Minutes per week [OWWMIN; Range 0-6720, 9998, 9999]
9998. Don't Know/Not Sure
9999. Refused

PART 2: TRANSPORTATION PHYSICAL ACTIVITY

Now, think about how you travelled from place to place, including to places like work, shops, movies and so on.

ASK ALL

8. **During the last 7 days, on how many days did you travel in a motor vehicle like a train, bus, car or tram?** [TMDAY; Range 0-7, 8, 9]
___ Days per week *[If respondent answer 0, skip to Question 10]*
8. Don't Know/Not Sure *[Skip to Question 10]*
9. Refused *[Skip to Question 10]*

ASK ALL WHO SAID AT LEAST 1 DAY AT Q8. OTHERS GO TO Q10.

9. **How much time did you usually spend on one of those days travelling in a car, bus, train or other kind of motor vehicle?**
___ ___ Hours per day [TMDHRS; Range 0-16]
___ ___ ___ ___ Minutes per day [TMDMIN; Range 0-960, 998, 999]
998. Don't Know/Not Sure
999. Refused

IF UNABLE TO GIVE TIME PER DAY, ASK ABOUT TIME PER WEEK.

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days travelling in a motor vehicle?"]

- ___ ___ Hours per week [TMWHRS; Range 0-112]
___ ___ ___ ___ Minutes per week [TMWMIN; Range 0-6720, 9998, 9999]
9998. Don't Know/Not Sure
9999. Refused

Now think only about the *BICYCLING* you did to travel to and from work, to do errands, or to go from place to place. **ONLY INCLUDE BICYCLING THAT YOU DID FOR AT LEAST 10 MINUTES AT A TIME.**

ASK ALL.

10. **During the last 7 days, on how many days did you bicycle to go from place to place?** [TBDAY; Range 0-7, 8, 9]
- _____ Days per week [*If respondent answers 0, skip to Question 12*]
8. Don't Know/Not Sure [*Skip to Question 12*]
9. Refused [*Skip to Question 12*]

[Interviewer clarification: Think only about the bicycling that you did for at least 10 minutes at a time.]

ASK ALL WHO SAID AT LEAST 1 DAY AT Q10. OTHERS GO TO Q12.

11. **How much time did you usually spend on one of those days to bicycle from place to place?**
- ___ ___ Hours per day [TBDHRS; Range 0-16]
- ___ ___ ___ Minutes per day [TBDMIN; Range 0-960, 998, 999]
998. Don't Know/Not Sure
999. Refused

[Interviewer clarification: Think about only the bicycling that you did for at least 10 minutes at a time.]

IF UNABLE TO GIVE TIME PER DAY, ASK ABOUT TIME PER WEEK.

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent bicycling over the last 7 days to travel from place to place?"]

[Interviewer clarification: Think only about the bicycling that you did for at least 10 minutes at a time.]

- ___ ___ Hours per week [TBWHRS; Range 0-112]
- ___ ___ ___ Minutes per week [TBWMIN; Range 0-6720, 9998, 9999]
9998. Don't Know/Not Sure
9999. Refused

Now think only about the *WALKING* you did to travel to and from work, to do errands or to go from place to place. **ONLY INCLUDE WALKING THAT YOU DID FOR AT LEAST 10 MINUTES AT A TIME.**

ASK ALL.

12. **During the last 7 days, on how many days did you walk to go from place to place?** [TWDAY; Range 0-7, 8, 9]
- _____ Days per week [*If respondent answers 0, skip to PART 3*]
8. Don't Know/Not Sure [*Skip to PART 3*]
9. Refused [*Skip to PART 3*]

[Interviewer clarification: Think only about the walking that you did for at least 10 minutes at a time.]

ASK ALL WHO SAID AT LEAST 1 DAY AT Q12. OTHERS GOT TO SECTION 3.

13. **How much time did you usually spend on one of those days walking from place to place?**
- ___ ___ Hours per day [TWDHRS; Range 0-16]
- ___ ___ ___ Minutes per day [TWDMIN; Range 0-960, 998, 999]
998. Don't Know/Not Sure
999. Refused

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

IF UNABLE TO GIVE TIME PER DAY, ASK ABOUT TIME PER WEEK.

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days walking from place to place?"]

[Interviewer clarification: Think only about the walking that you did for at least 10 minutes at a time.]

- ___ ___ Hours per week [TWWHRS; Range 0-112]
- ___ ___ ___ ___ Minutes per week [TWWMIN; Range 0-6720, 9998, 9999]
9998. Don't Know/Not Sure
9999. Refused

PART 3: HOUSEWORK, HOUSE MAINTENANCE AND CARING FOR FAMILY

Now think about the physical activities you have done in the last 7 days in and around your home, like housework, gardening, general maintenance work, and caring for your family.

First think about *VIGOROUS* activities which take hard physical effort that you did in the garden. Vigorous activities make you breathe much harder than normal and may include heavy lifting, chopping wood, shovelling snow, or digging. **AGAIN, THINK ABOUT ONLY THOSE VIGOROUS PHYSICAL ACTIVITIES THAT YOU DID FOR AT LEAST 10 MINUTES AT A TIME.**

ASK ALL.

14. **During the last 7 days, on how many days did you do vigorous physical activities in the garden?** [GVDDAY; Range 0-7, 8, 9]
- _____ Days per week [*If respondent answers 0, skip to Question 16*]
8. Don't Know/Not Sure [*Skip to Question 16*]
9. Refused [*Skip to Question 16*]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

ASK ALL WHO SAID AT LEAST 1 DAY AT Q14. OTHERS GO TO Q16.

15. **How much time did you usually spend on one of those days doing vigorous physical activities in the garden?**
- ___ ___ Hours per day [GVDHRS; Range 0-16]
- ___ ___ ___ Minutes per day [GVDMIN; Range 0-960, 998, 999]
998. Don't Know/Not Sure
999. Refused

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

IF UNABLE TO GIVE TIME PER DAY, ASK ABOUT TIME PER WEEK.

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days doing vigorous physical activities in the garden?"]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

- ___ ___ Hours per week [GVWHRS; Range 0-112]
 ___ ___ ___ Minutes per week [GVWMIN; Range 0-6720, 9998, 9999]
 9998. Don't Know/Not Sure
 9999. Refused

Now think about activities which take *MODERATE* physical effort that you did in the garden. Moderate physical activities make you breathe somewhat harder than normal and may include carrying light loads, sweeping, washing windows, and raking. AGAIN, INCLUDE ONLY THOSE MODERATE PHYSICAL ACTIVITIES THAT YOU DID FOR AT LEAST 10 MINUTES AT A TIME.

ASK ALL.

16. **During the last 7 days, on how many days did you do moderate activities in the garden?** [GMDAY; Range 0-7, 8, 9]
 ___ Days per week [*If respondent answers 0, skip to Question 18*]
 8. Don't Know/Not Sure [*Skip to Question 18*]
 9. Refused [*Skip to Question 18*]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

ASK ALL WHO SAID AT LEAST 1 DAY AT Q16. OTHERS GO TO Q18.

17. **How much time did you usually spend on one of those days doing moderate physical activities in the garden?**
 ___ ___ Hours per day [GMDHRS; Range 0-16]
 ___ ___ ___ Minutes per day [GMDMIN; Range 0-960, 998, 999]
 998. Don't Know/Not Sure
 999. Refused

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

IF UNABLE TO GIVE TIME PER DAY, ASK ABOUT TIME PER WEEK.

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days doing moderate physical activities in the garden?"]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

- ___ ___ Hours per week [GMWHRS; Range 0-112]
 ___ ___ ___ ___ Minutes per week [GMWMIN; Range 0-6720,
 9998, 9999]
 9998. Don't Know/Not Sure
 9999. Refused

Now think about activities which take at least *MODERATE* physical effort that you did inside your home. Examples include carrying light loads, washing windows, scrubbing floors, and sweeping. **INCLUDE ONLY THOSE MODERATE PHYSICAL ACTIVITIES THAT YOU DID FOR AT LEAST 10 MINUTES AT A TIME.**

[Interviewer clarification: Moderate activities make you breathe somewhat harder than normal.]

ASK ALL.

18. **During the last 7 days, on how many days did you do moderate activities inside your home?** [HMDAY; Range 0-7, 8, 9]
 ___ Days per week *[If respondent answers 0, skip to PART 4]*
 8. Don't Know/Not Sure *[Skip to PART 4]*
 9. Refused *[Skip to PART 4]*

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

[Interviewer clarification: During the last 7 days, on how many days did you do activities that take at least moderate effort inside your home?]

ASK ALL WHO SAID AT LEAST 1 DAY AT Q18. OTHERS GO TO SECTION 4.

19. **How much time did you usually spend on one of those days doing moderate physical activities inside your home?**
 ___ ___ Hours per day [HMDHRS; Range 0-16]
 ___ ___ ___ Minutes per day [HMDMIN; Range 0-960, 998, 999]
 998. Don't Know/Not Sure
 999. Refused

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

IF UNABLE TO GIVE TIME PER DAY, ASK ABOUT TIME PER WEEK.

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days doing moderate physical activities inside your home?"]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

___ ___ Hours per week [HMWHRS; Range 0-112]

___ ___ ___ Minutes per week [HMWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

PART 4: RECREATION, SPORT, AND LEISURE-TIME PHYSICAL ACTIVITY

Now, think about all the physical activities that you did in the last 7 days solely for recreation, sport, exercise or leisure. PLEASE DO NOT INCLUDE ANY ACTIVITIES YOU HAVE ALREADY MENTIONED.

ASK ALL.

20. **Not counting any walking you have already mentioned, during the last 7 days, on how many days did you walk for at least 10 minutes at a time in your leisure time?**

[LWDAY; Range 0-7, 8, 9]

_____ Days per week *[If respondent answers 0, skip to Question 22]*

8. Don't Know/Not Sure *[Skip to Question 22]*

9. Refused *[Skip to Question 22]*

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

ASK ALL WHO SAID AT LEAST 1 DAY AT Q20. OTHERS GO TO Q22.

21. **How much time did you usually spend on one of those days walking in your leisure time?**

___ ___ Hours per day [LWDHRS; Range 0-16]

___ ___ ___ Minutes per day [LWDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

IF UNABLE TO GIVE TIME PER DAY, ASK ABOUT TIME PER WEEK.

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days walking in your leisure time?"]

[Interviewer clarification: Think about only the walking that you did for at least 10 minutes at a time.]

- ___ ___ Hours per week [LWWHRS; Range 0-112]
- ___ ___ ___ ___ Minutes per week [LWWMIN; Range 0-6720, 9998, 9999]
- 9998. Don't Know/Not Sure
- 9999. Refused

Now think about other physical activities you did in your leisure time for at least 10 minutes at a time.

First, think about *VIGOROUS* activities which take hard physical effort that you did in your leisure time. Examples include aerobics, running, fast bicycling, or fast swimming.

[Interviewer clarification: Vigorous activities make you breathe much harder than normal.]

ASK ALL.

22. **During the last 7 days, on how many days did you do vigorous physical activities in your leisure time?** [LVDAY; Range 0-7, 8, 9]
- _____ Days per week *[If respondent answers 0, skip to Question 24]*
 - 8. Don't Know/Not Sure *[Skip to Question 24]*
 - 9. Refused *[Skip to Question 24]*

[Interviewer clarification: Think about only those vigorous physical activities that you did for at least 10 minutes at a time.]

ASK ALL WHO SAID AT LEAST 1 DAY AT Q22. OTHERS GO TO Q24.

23. **How much time did you usually spend on one of those days doing vigorous physical activities in your leisure time?**

___ ___ Hours per day [LVDHRS; Range 0-16]

___ ___ ___ Minutes per day [LVDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

IF UNABLE TO GIVE TIME PER DAY, ASK ABOUT TIME PER WEEK.

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days doing vigorous physical activities in your leisure time?"

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

___ ___ Hours per week [LVWHRS; Range 0-112]

___ ___ ___ Minutes per week [LVWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

Now think about activities which take *MODERATE* physical effort that you did in your leisure time. Examples include bicycling at a regular pace, swimming at a regular pace, and doubles tennis. AGAIN, INCLUDE ONLY THOSE MODERATE ACTIVITIES THAT YOU DID FOR AT LEAST 10 MINUTES AT A TIME.

[Interviewer clarification: Moderate physical activities make you breathe somewhat harder than normal.]

ASK ALL.

24. **During the last 7 days, on how many days did you do moderate physical activities in your leisure time?** [LMDAY; Range 0-7, 8, 9]

_____ Days per week [*If respondent answers 0, skip to PART 5*]

8. Don't Know/Not Sure [*Skip to PART 5*]

9. Refused [*Skip to PART 5*]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

ASK ALL WHO SAID AT LEAST 1 DAY AT Q24. OTHERS GO TO SECTION 5.

25. **How much time did you usually spend on one of those days doing moderate physical activities in your leisure time?**

___ ___ Hours per day [LMDHRS; Range 0-16]

___ ___ ___ Minutes per day [LMDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

IF UNABLE TO GIVE TIME PER DAY, ASK ABOUT TIME PER WEEK.

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent varies widely from day to day, ask: "What is the total amount of time you spent over the last 7 days doing moderate physical activities in your leisure time?"]

[Interviewer clarification: Think about only those physical activities that you did for at least 10 minutes at a time.]

___ ___ Hours per week [LMWHRS; Range 0-112]

___ ___ ___ ___ Minutes per week [LMWMIN; Range 0-6720, 9998, 9999]

9998. Don't Know/Not Sure

9999. Refused

PART 5: TIME SPENT SITTING

This question is about the time that you spent *SITTING* during the last 7 days. Include time at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television. DO NOT INCLUDE ANY TIME SPENT SITTING IN A MOTOR VEHICLE THAT YOU HAVE ALREADY TOLD ME ABOUT.

ASK ALL.

26. **During the last 7 days, how much time did you usually spend sitting on a weekday?**

___ ___ Hours per day [SDHRS; Range 0-16]

___ ___ ___ Minutes per day [SDMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Include time spent lying down (awake) as well as sitting.]

IF UNABLE TO GIVE TIME PER DAY, ASK ABOUT TIME PER WEEK.

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent sitting varies widely from day to day, ask: "How much time in total did you spend sitting on Wednesday?"]

___ ___ Hours on Wednesday [SWHRS; Range 0-16]

___ ___ ___ Minutes per Wednesday [SWMIN; Range 0-960, 998, 999]

9998. Don't Know/Not Sure

9999. Refused

ASK ALL.

27. **During the last 7 days, how much time did you usually spend sitting on a weekend day?**

___ ___ Hours per day [SEHRS; Range 0-16]

___ ___ ___ Minutes per day [SEMIN; Range 0-960, 998, 999]

998. Don't Know/Not Sure

999. Refused

[Interviewer clarification: Include time spent lying down (awake) as well as sitting.]

IF UNABLE TO GIVE TIME PER DAY, ASK ABOUT TIME PER WEEK.

[Interviewer probe: An average time per day is being sought. If the respondent can't answer because the pattern of time spent sitting varies widely from day to day, ask: "How much time in total did you spend sitting on Saturday?"]

- ___ ___ Hours on Saturday [SSHRS; Range 0-16]
- ___ ___ ___ ___ Minutes per Saturday [SSMIN; Range 0-960, 998, 999]
- 9998. Don't Know/Not Sure
- 9999. Refused

PART 6. OTHER LEISURE TIME ACTIVITIES

READ: Now, think about sport and leisure-time physical activities that you have taken part in over the PAST FOUR WEEKS.

ASK ALL.

28. **Over the past four weeks have you been a member of a club, particularly so that you can take part in sport or leisure-time physical activity?**

- Yes.....1
- No.....2
- If SpClub = 1

ASK ALL WHO SAID YES AT Q28. OTHERS GO TO Q30.

29. **What type of club was this?**

- (ENTER AT MOST 4 CODES)
- Health/fitness.....1
- Social club (e.g employee clubs, youth clubs).....2
- Sports club.....3
- Other.....4

READ: Now, think about sport and leisure-time physical activities that you have taken part in over the PAST TWELVE MONTHS.

30. **Over the past twelve months have you received tuition from an instructor or coach to improve your performance in any sport or leisure-time physical activity that you have taken part in?**

- Yes.....1
- No.....2
- Not sure.....3

31. **Thinking about sports or activities that you have taken part in, have you taken part in any organised competition in the past twelve months?**

Yes.....1
No.....2

32. **Have you been a volunteer in any sports or physical activities in the past twelve months? Being a 'sports volunteer', means doing ANYTHING in a sporting context, other than playing, for which you have received no payment other than expenses. Please include any teaching, coaching or refereeing you may have done as a volunteer.**

Yes.....1 GO TO Q33
No.....2 GO TO Q34

33. **Thinking about your volunteering, in a typical week, how many hours would you say that you spend on this activity?**
[INTERVIEWER: PRECISE NUMBER OR 'DON'T KNOW'].

_____ hrs per week

Don't know.

- 34a. **Is there anything that would encourage you to take-up or do more sport or physical activity?**

Yes GO TO Q34b
No GO TO Q35

ASK ALL WHO SAID YES AT Q34a

- 34b. **What three things, if anything, would encourage you to take-up or do more sport or physical activity?**

More time
Flexible working hours
People/friends to do it with
Help with childcare
A friendly environment/welcoming environment
Support for my specific needs (e.g. injury or disability)
To lose weight/ to improve my health
Reduced costs/ affordable facilities/activities
Suitable facilities nearby
Improved transport/access
Safer neighbourhood
Information/Advice on what to do
Information/Advice on where to go

Other [SPECIFY, INTERVIEWER: PROBE FOR SPECIFIC RESPONSE]
Nothing 0

READ: Now thinking about the overall sports provision in your local area

35. **How satisfied are you with overall sports provision in your local area?**
SINGLE CODE ONLY

- Very satisfied1
- Fairly satisfied2
- Neither satisfied nor dissatisfied3
- Fairly dissatisfied4
- Very dissatisfied5
- No opinion/Not used6

READ: Now thinking about your current smoking status

36. **Do you smoke cigarettes at all nowadays?**

SMOKING STATUS (CURRENT) SINGLE CODE ONLY

- Yes.....1
- No.....2
- Not sure/refuse.....3

READ: Now thinking about your General Health

37. **Over the past 12 months, would you say that your health has on the whole been:** READ OUT. SINGLE CODE ONLY

- Good.....1
- Fairly good.....2
- Not good.....3
- Don't know/refuse.....4

DEMOGRAPHICS

ASK ALL

38. **Interviewer code male or female?** SINGLE CODE ONLY

- Male
- Female

ASK ALL

39. **How old are you?** SINGLE CODE ONLY

Code exact age
Refused

ASK ALL

40. **What is your working status?** SINGLE CODE ONLY

Working Part-time (9-29 hrs) GO TO SECTION ON NS-SEC

Working Full-time (30+ hrs) GO TO SECTION ON NS-SEC

Unemployed – less than 12 months GO TO SECTION ON NS-SEC
AND ASK ABOUT THEIR LAST JOB

Unemployed (long-term) – 12 months or more ... **CODE L14**

Not working – retired GO TO SECTION ON NS-SEC AND ASK
ABOUT THEIR LAST JOB.

Not working – looking after family/home INTERVIEW CHECK IF
RESPONDENT HAS EVER WORKED. **IF NEVER WORKED
CODE L14**, IF WORKED GO TO SECTION ON NS-SEC AND
ASK ABOUT THEIR LAST JOB.

Not working – long-term sick or disabled INTERVIEW CHECK IF
RESPONDENT HAS EVER WORKED. **IF NEVER WORKED
CODE L14**, IF WORKED GO TO SECTION ON NS-SEC AND
ASK ABOUT THEIR LAST JOB.

Student – in full-time education **CODE L15**.

Student – in part-time education INTERVIEW CHECK IF
RESPONDENT HAS EVER WORKED. **IF NEVER WORKED
CODE L14**, IF WORKED GO TO SECTION ON NS-SEC AND
ASK ABOUT THEIR JOB OUTSIDE EDUCATION

Other (PLEASE WRITE IN) CODE ACCORDINGLY OR GO TO
SECTION ON NS-SEC.

Don't know/Refused CODE L17

INTERVIEWER CHECK: ASK Q41 IF CODE 1-3, AND IF HAVE
PREVIOUSLY WORKED AT CODE 5-7, 8 AT Q40. OTHERS CODE TO
NS-SEC CLASSIFICATION (L14 IF CODE 4, 6-7, 9 AND NEVER
WORKED AT Q40, AND L15 IF CODE 8 AND, AND L17 IF CODE 11 AT
Q40).

NS-SEC QUESTIONS

Occupation

The following questions refer to your current main job, or (if you are not
working now) to your last main job. Please give a full description where required.

INTERVIEWER CHECK: PLEASE EXCLUDE FULL-TIME STUDENTS (CODE 8 AT Q40) AND THOSE WHO HAVE BEEN UNEMPLOYED FOR MORE THAN 12 MONTHS (CODE 4 AT Q40).

Industry description

41. What does (did) the firm/organisation you work (worked) for mainly make or do (at the place where you work (worked))? OPEN ENDED

INTERVIEWER: PLEASE ASK RESPONDENT TO DESCRIBE FULLY, PROBE FOR MANUFACTURING OR PROCESSING OR DISTRIBUTING ETC AND MAIN GOODS PRODUCED, MATERIALS USED, WHOLESALE OR RETAIL ETC.

Occupation title current or last main job

42. What is (was) your (main) job? OPEN ENDED

Occupation description current or last main job

43. What do (did) you mainly do in your job? OPEN ENDED

INTERVIEWER: PLEASE CHECK FOR SPECIAL QUALIFICATIONS/TRAINING NEEDED TO DO THE JOB.

Employment status/size of organisation

The following questions refer to your employment status in your current main job, or (if you are not working now) to your last main job. Please give a full description where required.

Employee or self-employed

44. Are (were) you working as an employee or are (were) you self-employed?

Employee GOTO QUESTION 45

Self-employed GO TO QUESTION 46

ASK ALL WHO CODE 'EMPLOYEE' AT Q44. OTHERS GO TO Q46

Supervisory status

45. In your job, do (did) you have any formal responsibility for supervising the work of other employees?

Yes

No

INTERVIEWER: PLEASE DO NOT INCLUDE SUPERVISORS OF CHILDREN E.G. TEACHERS, NANNIES, CHILDMINDERS; SUPERVISORS OF ANIMALS; OR PEOPLE WHO SUPERVISE SECURITY OR BUILDINGS ONLY E.G. CURATORS, SECURITY GUARDS.

ASK ALL WHO CODE 'SELF-EMPLOYED' AT Q43. OTHERS GO TO Q46.

Self-employed working on own or with employees

46. **Are (were) you working on your own or do (did) you have employees?**

On own/with partner(s), but no employees

With employees

ASK ALL

47. **Do you have any long-term illness, health problem or disability which limits your daily activities or the work you can do?** SINGLE CODE ONLY

Yes

No

Refused

ASK ALL

48. **How would you describe your ethnic origin?** SINGLE CODE ONLY

White UK	1
White Irish	2
White Other	3
Black – Caribbean	4
Black – African	5
Black – British	6
Black – Other	7
Indian	8
Bangladeshi	9
Pakistani	10
Asian – British	11
Chinese	12
Japanese	13
Other ethnic group	14